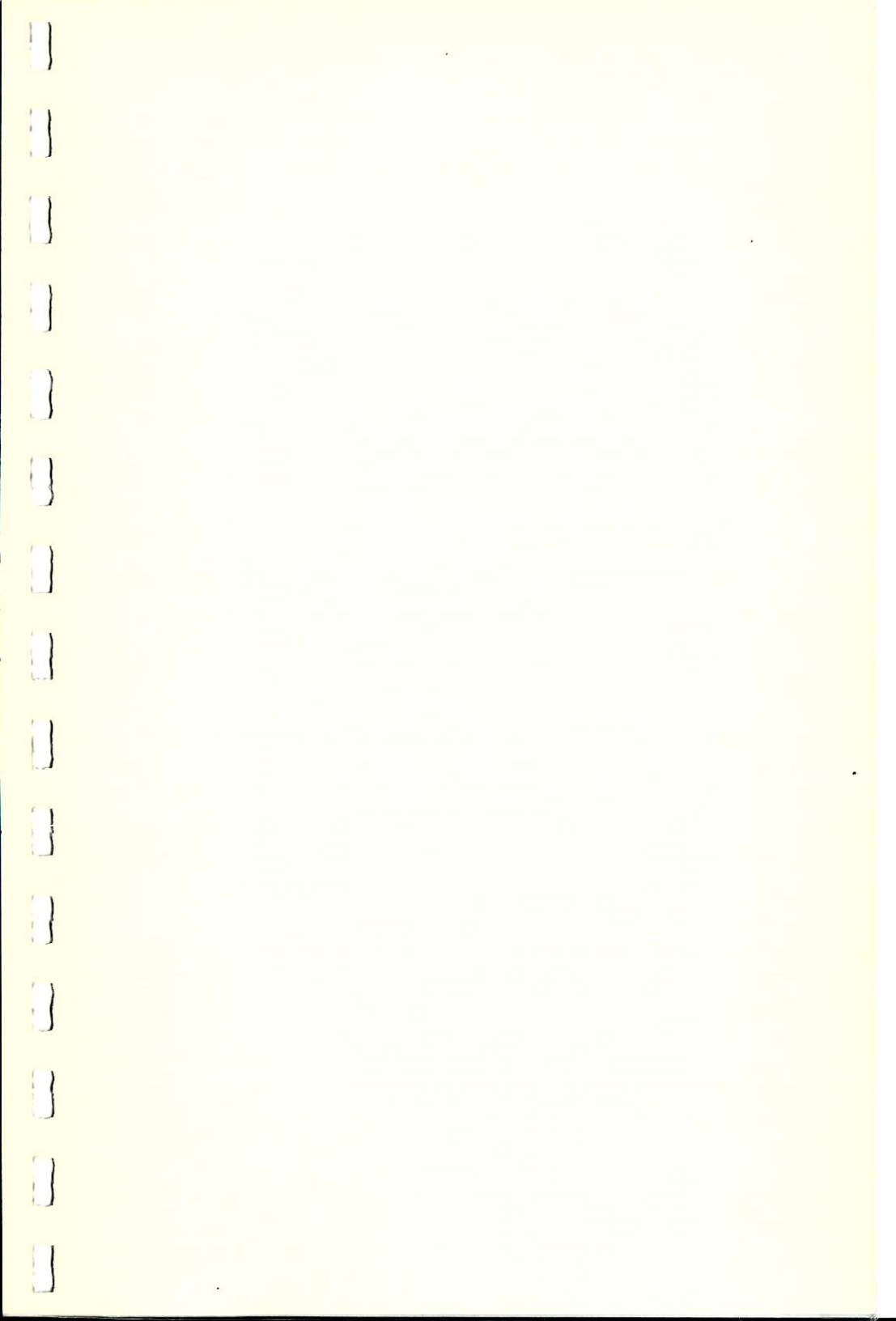


Country Cookbook



Blessed Hope Christian Academy



Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook, would like to thank and express our sincere appreciation to the many people in the churches who gave so generously of their time and energy in collecting and submitting recipes and assisting in the sale. Without their help, this book would not have been possible.

The B.H.C.A. Cheerleaders

A COLLECTION OF RECIPES

Sponsored By

BLESSED HOPE
CHRISTIAN ACADEMY CHEERLEADERS
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Assistant Coach

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Coach

Mrs. Pam Jackson

BLESSED HOPE CHRISTIAN ACADEMY



**A MINISTRY OF
CALVARY BAPTIST CHURCH**

DEDICATION

We dedicate this book to all cooks. A Christian home is centered around Christ; but the kitchen is the main meeting room of the family and guests. Much of our busy schedule revolves around this room. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would never have been possible.

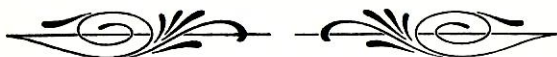
We hope you will enjoy the many outstanding and treasured recipes on the following pages.



Page

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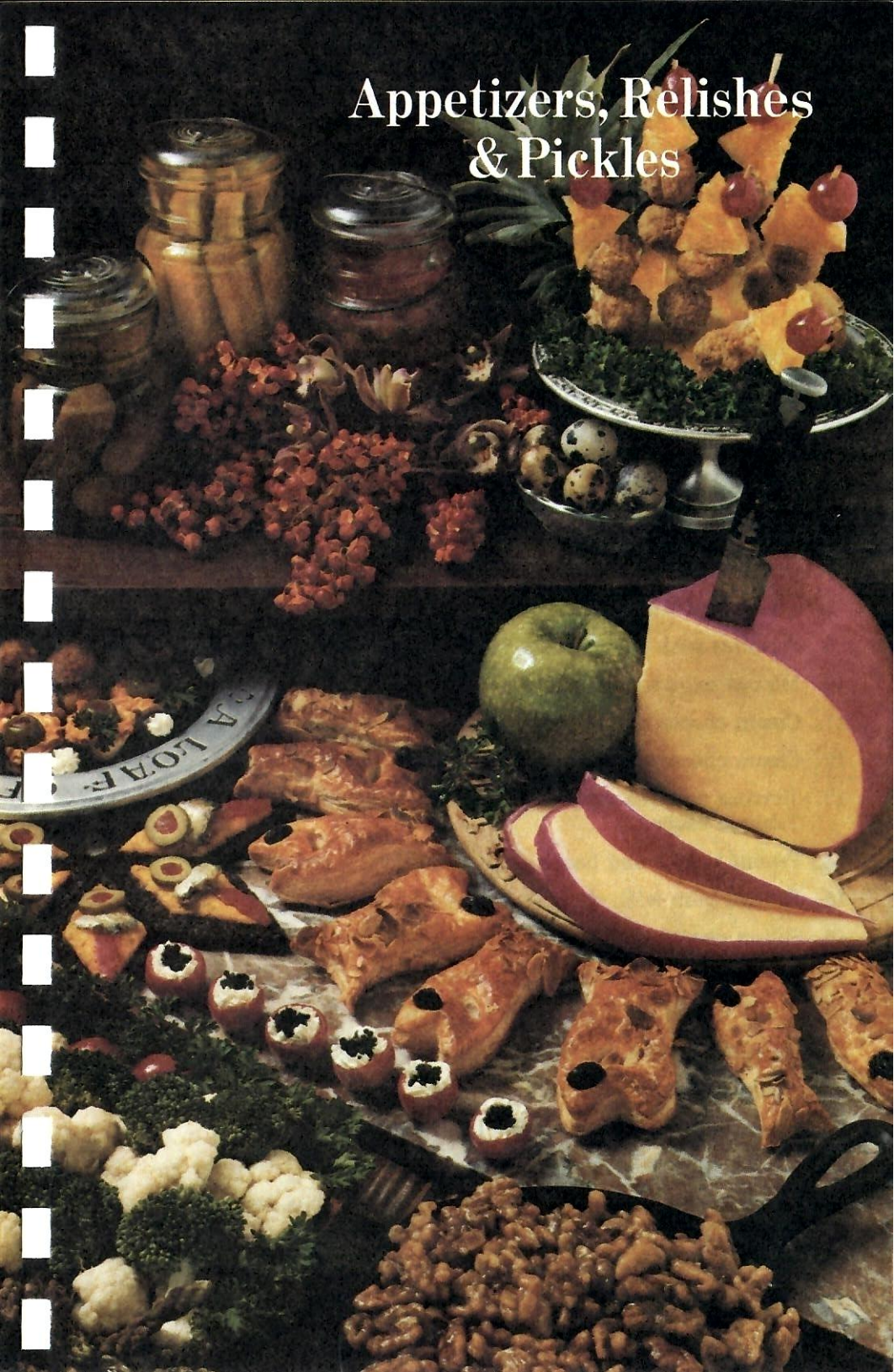


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Appetizers, Relishes & Pickles



Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

APPETIZERS, RELISHES & PICKLES

BREAD AND BUTTER PICKLES

25 medium cucumbers	4 c. sugar
12 onions	4 tsp. mustard seed
1 c. salt	4 tsp. celery seed
2 qt. vinegar	4 tsp. turmeric

Slice or cube cucumbers and onions. Let stand in ice water (to which the 1 cup salt has been added) 3 or 4 hours. Drain. Mix remaining 5 ingredients. Add drained cucumbers and onions to this mixture; boil for 2 minutes. Can and seal.

Pam Jackson

FREEZER PICKLES

7 c. thinly sliced cucumbers	1 Tbsp. salt
1 1/2 c. sugar	1 Tbsp. celery seed
1 c. vinegar	1 large onion, sliced

Make solution of sugar, vinegar, salt and celery seed. Stir until dissolved. Pour solution over cucumbers and onions. Weight down with a plate. Let stand 3-4 hours. Pack and freeze. When ready to eat, just thaw. Will keep in refrigerator up to 6 weeks.

Quick and delicious. A favorite of ours.

Beverly Porter

GUACAMOLE

2 avocados, mashed with fork	1 clove garlic, crushed
1/4 c. sour cream	dash of Tabasco sauce
2 Tbsp. minced onion	4 tsp. lemon juice
2 tsp. salt	2 medium tomatoes, peeled and chopped
1 tsp. chili powder	

Combine all ingredients. Cover and chill. Makes about 3 cups.

Lynda Toncray

LIME PICKLES

14 c. sliced cucumbers	9 c. sugar
1 c. lime	1 tsp. whole mustard seed
1 1/4 gal. water	1 tsp. celery seed
8 c. 4% vinegar (apple)	1 Tbsp. pickling spice

Mix lime and water. Pour over cucumbers. Let stand 24 hours. Wash several times to get out all lime. Let drain for 3 hours. Put spices in cloth (leave loose so spices can swell). Mix vinegar, sugar and 1 teaspoon salt by hand until sugar dissolves. Pour over pickles. Set overnight (cold). In the morning boil all 35 minutes. Stir easy. Pack jars while hot.

Elsie Spain

ZUCCHINI RELISH

10 c. (about 5 lb.) ground zucchini	4 c. sugar
4 large ground onions	2 Tbsp. cornstarch
4 large green peppers, ground	1 tsp. turmeric
2 1/2 c. cider vinegar	1 tsp. nutmeg
4 large red peppers, ground	2 tsp. celery seed
	1/4 tsp. pepper

Put zucchini, peppers and onions through a food grinder with a medium blade. Sprinkle with 1/2 cup salt. Let stand overnight. In the morning, drain and rinse well with water. Mix together remaining ingredients. Bring to a boil in large kettle. Add the ground vegetables; then simmer for 30 minutes. Ladle into sterilized jars, leaving 1/2-inch headspace. Makes 7 pints.

Elaine Flickinger

CHEESE BALL

16 oz. cream cheese (room temperature)	1 small box garlic dip
8 oz. sharp Cheddar cheese, grated fine	1 medium-sized box French onion dip
8 oz. mild Cheddar cheese, grated fine	crushed pecans

Mix all ingredients, except pecans, together and shape into a ball. Roll the ball in the crushed pecans.

Brenda Barr

CHEESE BALL

2 (8 oz.) pkg. cream cheese	1 Tbsp. chopped olives
2 c. shredded Cheddar cheese	1 Tbsp. chopped onion
1 Tbsp. chopped pimento	2 tsp. Worcestershire sauce
1 Tbsp. chopped green pepper	1 tsp. lemon juice
	dash of salt and pepper
	chopped pecans

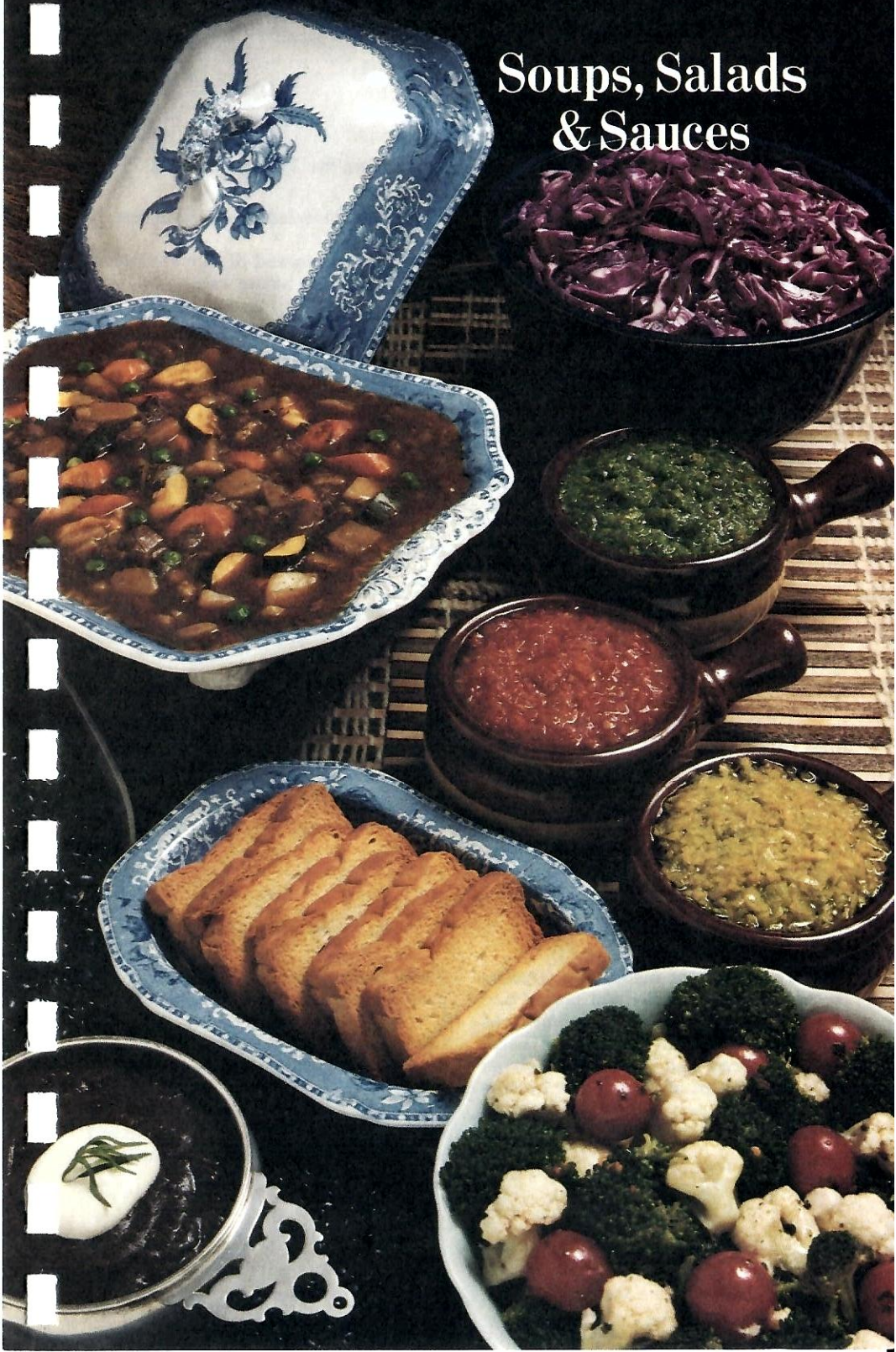
Warm cheese to room temperature. Add the rest of the ingredients, except pecans. Shape into a large ball or 2 small balls. Roll in nuts and chill.

Pam Jackson

** EXTRA RECIPES **

**** EXTRA RECIPES ****

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely
chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage
cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and
dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before
storing: chill well before using.

To core lettuce, smack head stem end
down on counter top. Then twist the core
out.

It is better to tear greens into bite-sized
pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad
since their juices thin the dressing and
wilt the greens. Using them only for
garnishing the salad bowl.

Select only firm, hard, green cucumbers.
The skin should have a slight sheen, but
if it is highly polished, it is probably
waxed and should be removed.

Use wild greens such as dandelion, sorrel
or winter cress for a different flavor and
texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes
cooked in their jackets and peeled and
marinated while still warm. Small red
waxy potatoes hold their shape when
sliced or diced and do not absorb an
excessive amount of dressing or become
mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese
pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded
crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast,
sour pickles, oyster crackers, bread
sticks, relishes, toasted garlic bread.

SOUPS, SALADS & SAUCES

ANGEL SALAD

- | | |
|---|---|
| 2 (3 oz.) pkg. lime jello | 1 can fruit cocktail, drained (reserve juice) |
| 1 (8 oz.) pkg. cream cheese | 1/2 c. chopped nuts |
| 1 (1 lb.) can pineapple chunks, drained (reserve juice) | 1 c. miniature marshmallows |
| | 1 pt. whipped cream, Dream Whip, or Cool Whip |

Dissolve gelatin in 2 cups boiling water. Add cream cheese. Add water to reserved juices to make 1 1/2 cups. Add the pineapple, fruit cocktail, marshmallows and nuts to gelatin mixture. Let congeal. Prepare cream; fold into gelatin and fruit mixture.

Geraldine Render

CAULIFLOWER SALAD

- | | |
|--------------------------|---|
| 1 box green frozen peas | 1 envelope Hidden Valley Ranch Style dressing mix |
| 1 head fresh cauliflower | mayonnaise (to moisten) |
| 1/2 c. diced onion | |
| 1/2 c. diced celery | |

Boil peas 2 minutes. Drain and cool. Wash cauliflower. Separate into bite-size pieces. Add onion and celery. Sprinkle dry mix over vegetables. Add mayonnaise to moisten. Fold in peas. Refrigerate.

Phyllis Nohl

CAULIFLOWER SALAD

- | | |
|---------------------------------|-------------------------|
| 1 head cauliflower, sliced thin | 1 green pepper, diced |
| 1 c. black olives, sliced | 1 jar pimentos, chopped |
| | 3 green onions, chopped |

Mix all ingredients together and cover with your favorite brand of vinegar and oil salad dressing. Better if marinated for 4 hours in refrigerator.

Barb Rediger

CHERRY SALAD

- | | |
|---------------------------------|--------------------------|
| 1 can cherry pie filling | 1 can Eagle Brand milk |
| 1 (No. 2) can crushed pineapple | 1/2 c. nuts |
| | 1 large carton Cool Whip |

Mix together all ingredients and refrigerate.
Marie Brawner

COLE SLAW

- | | |
|----------------|----------------------|
| 1 head cabbage | 1 carrot (or more) |
| 1 tsp. salt | 1 large green pepper |

Sauce:

- | | |
|--------------------|---------------------------|
| 1 c. vinegar | 1 tsp. whole mustard seed |
| 1/4 c. water | 2 c. sugar |
| 1 tsp. celery seed | |

Chop cabbage, carrots and pepper. After chopping cabbage, put into a container with 1 teaspoon salt. Cover with cold water and let stand 1 hour. While cabbage is soaking, cook sauce for 1 minute, bringing it to a boil. Cool. Drain cabbage and mix all ingredients together. This can be put into containers and frozen.

Barbara Slusher

FRUIT SALAD

- | | |
|---------------------------------|--------------------------------|
| 1 c. miniature marshmallows | 1 c. diced apples |
| 1 c. coconut | 1 can cubed pineapple, drained |
| 1 can mandarin oranges, drained | 1 c. sour cream |

Mix and refrigerate several hours. Add sliced bananas before serving.

Beverly Porter

FRUIT SALAD

- | | |
|---------------------------------|---|
| 1 can pineapple chunks, drained | 1 can fruit cocktail, drained (save 1 c. juice) |
|---------------------------------|---|

3 large bananas, sliced
3 heaping Tbsp. Tang

1 pkg. vanilla instant
pudding

Mix instant pudding with 1 cup fruit cocktail juice; fold into fruit.

Geraldine Render

LAYERED LETTUCE SALAD

1 head lettuce
1/2 c. onion
1/2 c. celery
1/2 c. green pepper
1 box frozen peas,
perked and cooled

Parmesan cheese
1 pkg. grated Cheddar
cheese
2 hard-boiled eggs
1 pt. mayonnaise
3 tsp. sugar
Bac*Os

Mix sugar and mayonnaise. Divide all ingredients in halves. Layer first half of all ingredients in bottom of Pyrex or Tupperware rectangular dish. Layer second half of ingredients on first layer. (Always layer them in the order given above.) Refrigerate overnight.

Pam Jackson

MACARONI AND COLBY CHEESE

1 box macaroni shells
1 green pepper
butter

2 Tbsp. flour
1 can tomato sauce
1 pkg. Colby cheese

Cook macaroni as directed on package. Melt enough butter to cover the bottom of skillet. Slice green pepper and brown in skillet. Drain off the green pepper. Add flour to butter for thickening. Add tomato sauce and simmer. Salt and pepper to taste. Pour over drained macaroni. Add shredded Colby cheese. Stir together.

Pam Graham

PHILADELPHIA CREAM CHEESE SALAD

1 (4 oz.) pkg. Phila-
delphia cream cheese

1/2 pt. whipping cream
1 small pkg. lemon jello

1/2 c. nuts
1 c. chopped celery

1 c. crushed pineapple,
drained

Prepare jello; whip when starting to jell. Whip the whipping cream into whipped jello. Mash cream cheese and whip into jello. Add other ingredients.
Sheila Gillespie

CHEESE SOUP

1 1/2 can white sauce	1/4 tsp. Worcestershire sauce
1 c. ground onion, celery, and carrot combined	dash of Frank's hot sauce
1 Tbsp. diced pimento	1 c. chicken consomme
	1 1/2 c. grated American or Cheddar cheese

Cook onion, celery and carrots in chicken consomme until tender. Add white sauce and stir well. Do not boil. Whip in grated cheese and adjust seasoning with Worcestershire sauce and Frank's hot sauce. Add diced pimento. Finely diced Canadian bacon may be added. Makes approximately 3/4 gallon.

Ann Risinger

CHILI

2 lb. ground chuck	1 tsp. thyme
4 cans Brooks chili beans	chili pepper (powder)
1 large can tomato juice	1 large onion, diced
	1 green pepper, diced

Brown ground chuck with green pepper and onion in large skillet. Add thyme and chili powder to taste. Drain. In large pot add all ingredients and simmer for several hours.

Don Rapp

CLAM CHOWDER

1 (10 3/4 oz.) can New England clam chowder	1 (10 3/4 oz.) can cream of potato soup
1 (10 3/4 oz.) can cream of celery soup	1 can minced drained clams (optional)

2 soup cans milk

1/4 c. margarine

Combine all ingredients in saucepan and simmer.

Linda Miller

HOT CHILI

2 lb. ground beef

1 bell pepper

1 stalk celery

1 large onion

1 pkg. chili seasoning

1 large can tomato juice

1 medium can stewed
tomatoes

1 small can mushrooms

1 medium can hot chili
beans

1 medium can regular chili
beans

1 medium can Snappy Tom

1 tsp. red pepper

1 tsp. black pepper

Precook meat; drain. Add other ingredients
and cook 1 hour. Makes about 1 gallon.

Ann Risinger

TOMATO SOUP

14 qt. tomato juice

5 medium onions

1 stalk celery or

1 tsp. celery seed

14 sprigs parsley or

1 1/2 tsp. parsley
flakes

3 bay leaves or 2/3 tsp. ground bay leaves

14 Tbsp. flour

2 sticks butter

4 Tbsp. salt

8 Tbsp. sugar

3 tsp. pepper

2 tsp. chili powder

1/2 tsp. garlic powder

Bring juice to boil. Add chopped onions,
celery, parsley and bay leaves. Mix flour and butter
into smooth paste, thinned with tomato juice. Add to
boiling juice by tablespoons to prevent lumping. Add
remaining ingredients. Stir to prevent scorching.
Put into clean jars 1/2 inch from top. Process in
boiling bath for 45 minutes.

Vicki Worsham

BUTTER SAUCE

1/2 c. sugar

2 Tbsp. cornstarch or
self-rising flour *

2 c. water

1/4 c. butter

1 tsp. vanilla

*If using plain flour, add 1/4 teaspoon salt.

Mix water, sugar, cornstarch or flour and salt (if needed). Cook, stirring constantly, until it thickens and boils. Boil and stir 1 minute. Remove and add butter and vanilla.

Great over pound cake!

Beverly Porter

DIP FOR VEGGIES

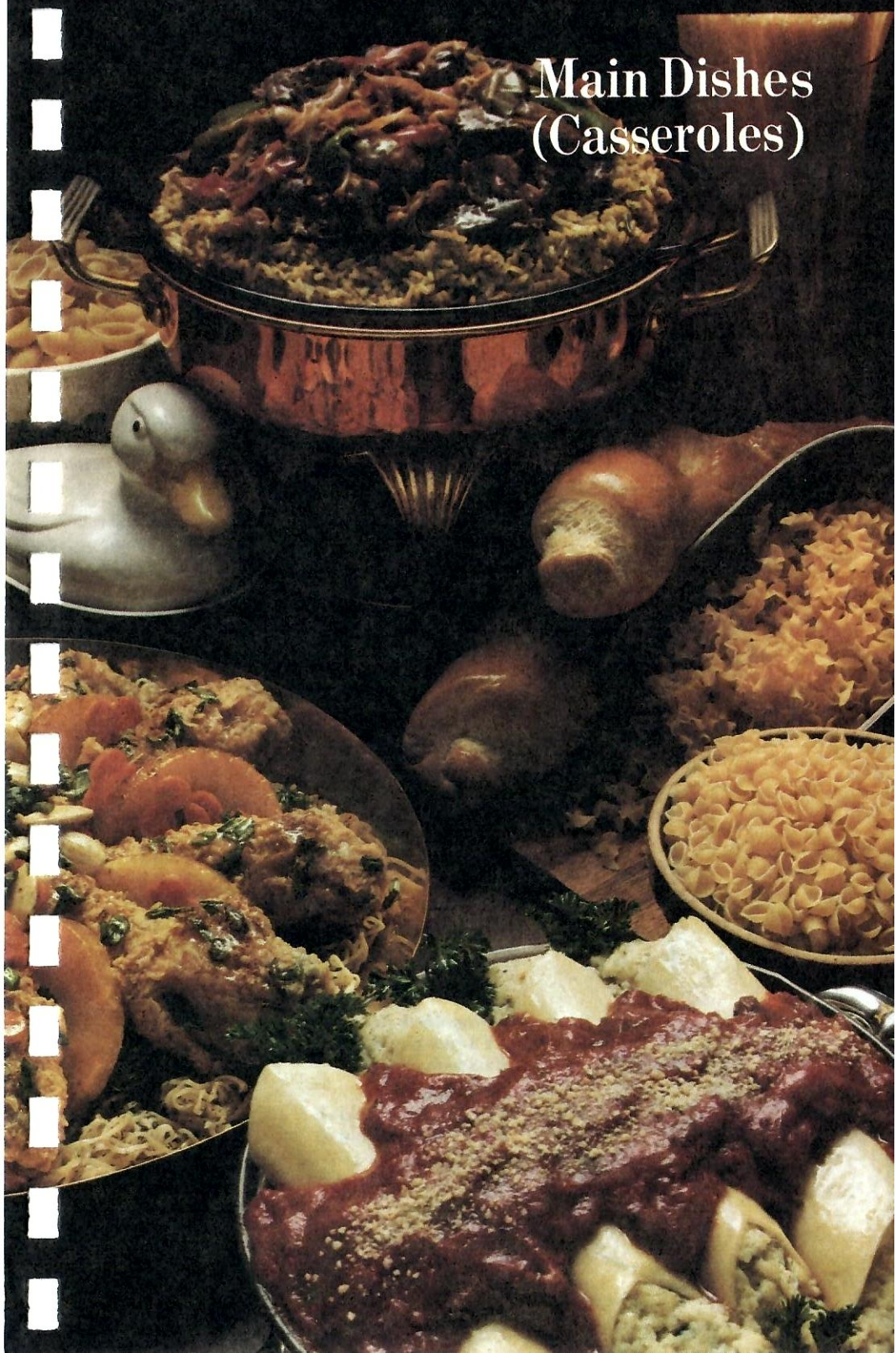
2 c. Hellmann's mayonnaise	1 tsp. caraway seed
1 pt. small curd cottage cheese	1 tsp. dry mustard
1 Tbsp. dry onion flakes	1 tsp. white pepper
1/2 tsp. salt	4 tsp. garlic
1/4 tsp. Tabasco sauce	1/2 tsp. celery seed
	1 1/2 Tbsp. Worcestershire sauce

Mix first 5 ingredients with an electric mixer. Add remaining 6 ingredients. Serve with raw vegetables, such as cauliflower, carrots, celery, broccoli, etc.

Barb Rediger

** EXTRA RECIPE **

Main Dishes (Casseroles)



Common Kitchen Pans to Use as Casseroles

WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8 x 1 1/4-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2 1/4-inch loaf pan -A

6-cup baking dish:

8 or 9 x 11 1/2-inch layer-cake pan -C
10-inch pie plate
8 1/2 x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:

8 x 8 x 2-inch square pan -D
11 x 7 x 1 1/2-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:

9 x 9 x 2-inch square pan
11 3/4 x 7 1/2 x 1 3/4-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13 1/2 x 8 1/2 x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10 1/2 x 2 1/2-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7 1/2 x 3-inch "Bundt" tube -K	6 cups
9 x 3 1/2-inch fancy tube or "Bundt" pan -J or K	9 cups
9 x 3 1/2-inch angel-cake pan -I	12 cups
10 x 3 3/4-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3 1/2-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups

Melon Mold:

7 x 5 1/2 x 4-inch mold -H	6 cups
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Spring-Form Pans:

8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups

Ring Molds:

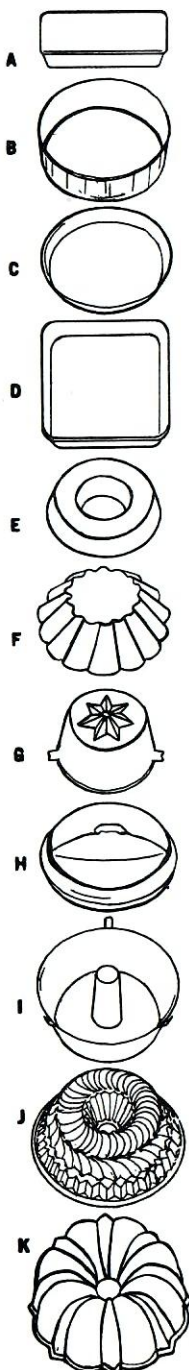
8 1/2 x 2 1/4-inch mold -E	4 1/2 cups
9 1/4 x 2 3/4-inch mold -E	8 cups

Charlotte Mold:

6 x 4 1/4-inch mold -G	7 1/2 cups
------------------------	------------

Brioche Pan:

9 1/2 x 3 1/4-inch pan -F	8 cups
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MAIN DISHES

BATTER PIZZA

1 1/2 lb. ground beef

1 c. tomato sauce

Optional:

onion
pepper

mushrooms
Mozzarella cheese
American cheese

Batter:

1 c. flour

1 tsp. pepper

1 tsp. salt

2 eggs

1 tsp. oregano

2/3 c. milk

Brown ground beef. Grease and flour or corn-meal dust a cookie sheet. Pour batter onto cookie sheet, covering all the bottom. Put meat, onion, pepper, mushrooms, etc. on batter. Bake 20-25 minutes at 350°. Take pizza out of oven and add tomato sauce, cheeses, and anything else you like on pizza. Bake once again for 15-20 minutes at 350°. Makes 1 pizza.

Elaine Flickinger

BISCUIT-TOPPED STROGANOFF

1 1/2 lb. ground beef

1/4 c. milk

1 c. chopped onion

1 tsp. salt

1/2 c. dairy sour cream

1/4 c. catsup

1 can mushroom or
cream of chicken soup
(condensed)

1 can refrigerated biscuits
1/4 c. grated Parmesan
cheese

Brown ground beef and onion. Drain. Combine sour cream, soup and milk. Add salt, catsup and ground beef. Pour into 2-quart casserole. Bake in 275° oven for 10 minutes. Place biscuits around edge of casserole. Sprinkle with cheese. Bake at 375° for 15-20 minutes until brown. Makes 4-6 servings.

Variation: Use buttered bread crumbs on top instead of biscuits.

Geraldine Render

BREAKFAST CASSEROLE

8 slices bread, crusts removed	1 stick butter
6 slices Canadian bacon or ham	1/2 c. grated Cheddar cheese
1/4 c. green pepper	6 eggs
1/4 c. onion	1 1/2 c. milk
	1/4 c. crushed potato chips

Saute green pepper and onion in butter. In small bowl, mix eggs and milk. Layer 4 slices of bread in bottom of ungreased 9 x 9-inch pan, then 1/2 of the meat, 1/2 of the sauteed mixture and 1/2 of the grated cheese. Repeat. Pour egg mixture over top. Top with chips. Refrigerate overnight. Bake at 350° for 1 hour.

Phyllis Nohl

CHICKEN AND NOODLES

1 cut-up fryer chicken	2 pkg. frozen noodles
1 Tbsp. diced onion	1 tsp. salt
1 Tbsp. diced celery	

In large pot put chicken, onion, celery and salt. Cook until chicken is done. Cover chicken with water. When chicken is done, remove from water. Reserve water. Place noodles in pot and cook to package directions. Remove chicken from bones and place it back in the pot with noodles until ready to serve.

Barbara Rapp

CHICKEN AND RICE

1 can cream of chicken soup	1/2 c. minced onion
1 can cream of celery soup	1 c. uncooked rice
	1 c. water
	1 fryer, cut up

Combine soups, rice, water and onion. Pour into 9 x 13-inch casserole dish and place chicken pieces on top. Bake, covered, 35 minutes. Uncover and bake an additional 20-25 minutes.

This is quick, simple, a meal-in-one, and very tasty.

Ivonne Looney

CHICKEN SUPREME CASSEROLE

- | | |
|--|-----------------------------------|
| 1 (10 oz.) Dennis boned chicken, diced | 1 diced onion |
| 1 small pkg. Creamettes (do not cook) | 1/2 lb. Velveeta cheese, cut fine |
| 2 cans cream of mushroom soup | 4 hard-boiled eggs, cut fine |

Mix all of the above. Let stand overnight in refrigerator. Take out 1 hour before you want to put it in the oven. Bake at 350° for 1 hour.

Beverly Porter

GRAHAM SPECIAL

- | | |
|------------------------------|-----------------|
| 2 lb. ground beef | 2 cans biscuits |
| 2 cans cream of chicken soup | |

Put soup in ground beef; mix with a spoon. Put in baking dish or cake pan. Spread out evenly and bake in 350° oven for 15 minutes. Put biscuits on top and put back in oven until biscuits are done and brown.

Good for Sunday dinner. Serve with a tossed salad and dessert.

Mrs. Virgil Graham

GROUND BEEF AND TATER DISH

- | | |
|-----------------------------|----------------------------|
| 1 lb. ground beef | 1 can cream of celery soup |
| 1 can cream of chicken soup | minced onion |
| | Tater Tots |

Brown ground beef. Spread in bottom of baking dish. Pour in cream of celery and cream of chicken soup. Sprinkle with minced onion. Cover with Tater Tots. Bake 45 minutes at 350°.

Dianna Crawford

HAMBURGER SURPRISE

- | | |
|--|-------------------------------|
| 1 large rectangle heavy duty aluminum foil | 2 (1/4 lb.) hamburger patties |
|--|-------------------------------|

1 small potato	salt
1 large carrot	pepper
1 small onion	ketchup

Each "surprise" is an individual meal.

To assemble, put 1 hamburger patty in center of aluminum foil. Top with thinly sliced potato, onion and carrot. Salt and pepper. Top with liberal dose of ketchup. Top with second hamburger patty. Salt and pepper. Add another portion of ketchup. Bring ends of foil up; fold and seal. Seal ends. Bake at 350° for 1 1/2 hours.

Lynda Toncray

LASAGNA

1 1/2 lb. ground beef	1/2-3/4 tsp. garlic salt
1 medium onion	1 c. water
1 (6 oz.) can tomato paste	1 (12 oz.) can tomato juice
1 (8 oz.) can tomato sauce	1 (4 oz.) pkg. shredded Cheddar cheese
2 bay leaves	1 (4 oz.) pkg. shredded Mozzarella cheese
1 tsp. salt	1/2 (16 oz.) box lasagna noodles, cooked
1/8 tsp. pepper	

Brown ground beef and drain. Add diced onion, tomato paste, tomato sauce, bay leaves, salt, pepper, garlic, salt, water and tomato juice. Simmer for 1/2 hour. In 9 x 13-inch buttered dish, layer 1/3 noodles, 1/3 cheese and 1/2 sauce. Repeat, ending with noodles and cheese. Bake at 350° for 1/2-3/4 hour.

Phyllis Nohl

MANICOTTI

3 boxes manicotti	2 eggs
2 cans tomato sauce	1/4 c. Parmesan cheese
1 1/2 lb. hamburger	1 small pkg. cream cheese
1 large container cottage cheese	salt
1 c. Mozzarella cheese	pepper
	oregano

Cook shells as directed on package. Add 1 tablespoon of cooking oil so they won't stick together.

Brown hamburger. Drain. Add tomato sauce. Season to taste with salt, pepper and oregano.

Cheese Filling: Mix cottage cheese, Mozzarella cheese, eggs, Parmesan cheese, cream cheese, salt and pepper together. Put cheese filling in the shells. Place shells in a greased cake pan. Pour sauce on top. Sprinkle with Parmesan cheese. Bake uncovered for 40-45 minutes at 350°.

Pam Graham

MEAT BALL STEW

1 1/2 lb. ground beef	1 c. water
1 1/2 tsp. salt	1/2 tsp. salt
1/8 tsp. pepper	2 tsp. sugar
1 egg	1 tsp. crushed basil
1 Tbsp. minced onion	3 medium potatoes, diced
1/2 c. bread crumbs	4 carrots, sliced
1 Tbsp. oil	1 onion, coarsely chopped
3 Tbsp. flour	1 branch celery, chopped
1 (1 lb.) can tomatoes	

Mix ground beef with first 3 ingredients and shape into balls the size of walnuts. Brown in hot oil. Remove balls and oil, except for 3 tablespoons. Blend in flour. Stir in remaining ingredients. Bring to a boil; simmer for 10 minutes (adding more water, if needed). Add to meat balls in a 2-quart casserole. Bake covered in moderate 350° oven for 1 hour or until vegetables are tender.

Ruth Anne Wheeler

MINI-MEAT LOAVES

1 1/2 lb. ground beef	1 egg
1 medium onion, diced	1/2 c. water
1 diced carrot	1 slice bread
1 pkg. French's meat loaf mix	1 medium green pepper, diced

Combine meat, egg, onion, green pepper, meat loaf mix, water, carrot and crumbled bread. Shape into cupcake pan. Bake at 400° for 45 minutes, depending on your oven. No gravy or sauce is needed.

Beverly Porter

PASTA

1 lb. ground beef	8 oz. Mozzarella cheese, chopped
1 small onion	8 oz. Provolone cheese, chopped
1/2 tsp. garlic salt	1 small can chopped mush- rooms (optional; can be in spaghetti sauce)
1 (16 oz.) box large shells	salt and pepper to taste
1 (24 oz.) jar pre- pared spaghetti sauce	
8 oz. sour cream	

Brown ground beef with onion and seasonings. Drain. Cook macaroni shells according to directions. Drain. Mix all together in large baking dish or pan. Mix in rest of ingredients. Top with bread crumbs, buttered and sprinkled with Parmesan cheese. Bake about 40 minutes at 350°. Serves approximately 8-10.

Elizabeth Davis

RAVIOLI

Italian sausage	1 can tomato sauce
onions	1 can whole tomatoes
garlic	2 pkg. ravioli noodles
1 large can tomato paste	

Brown sausage, onions and garlic. Add tomato paste, tomato sauce and tomatoes. Simmer. Salt and pepper. Add noodles to boiling water and cook for 20 minutes. Drain. Mix noodles and sauce together.

Kathy Morris

SPAGHETTI CARBONARA

3 eggs, beaten with fork or wire whip	3/4 lb. bacon, chopped
Parmesan cheese	hot pepper flakes (if desired)
	spaghetti (to serve 4)

Add enough Parmesan cheese to beaten eggs to form a thick paste. Fry bacon crisp. (Pepper flakes may be added while bacon is frying, if desired.) Drain. Cook spaghetti al dente (about 7 minutes). Do not rinse. Drain. Immediately add egg-cheese mixture and

fried bacon. Toss with forks. (The heat of the spaghetti cooks the eggs.) Serve immediately.
Serves 4.

Lynda Toncray

SPANISH PAELLA

- | | |
|---|---|
| 1/4 c. flour | 1/4 c. diced canned pimento |
| 1 tsp. salt | 1/2 tsp. salt |
| 1 (2 1/2-3 lb.) chicken,
cut up | 1/4 tsp. ground oregano |
| 1/4 c. olive or salad oil | 1/4 tsp. ground saffron |
| 2 carrots, pared and
sliced lengthwise | 2/3 c. uncooked long-grain
rice |
| 1 celery branch with
leaves | 1 (9 oz.) pkg. frozen arti-
choke hearts, thawed |
| 2 c. chicken broth | 3/4 lb. shelled raw shrimp |
| 1 clove garlic, crushed | 12 small clams (in shells) |

Combine flour, salt and dash of pepper in plastic bag. Add a few chicken pieces at a time. Shake to coat. In heavy skillet, brown chicken in hot oil about 20 minutes. Transfer to large kettle. Add next 10 ingredients; simmer covered 30 minutes. Add artichoke hearts, shrimp and clams in shells. Simmer, covered, 15-20 minutes longer. Serves 6-8.

Pam Jackson

STROGANOFF

- | | |
|--|--|
| 1 1/2 lb. ground chuck | 1 (4 oz.) can mushrooms
or fresh mushrooms,
sliced |
| 1 large onion, chopped | 1/2 pt. sour cream |
| 1 tsp. garlic salt | Chinese noodles or egg
noodles |
| 1 (10 3/4 oz.) can cream
of mushroom soup | |
| 1 (10 3/4 oz.) can cream
of chicken soup | |

Saute meat with onion. Add garlic salt. When meat is cooked, add soups. Mix well. Add mushrooms. Remove from heat and stir in sour cream. Serve over Chinese noodles or cooked egg noodles.

Lora Prewett

TEXAS HASH

1 c. sliced onion	2 1/2 c. tomatoes
3/4 c. chopped green pepper	1/2 c. uncooked rice
3 Tbsp. butter	1/2 tsp. chili powder
1 lb. ground beef	1/2 tsp. garlic powder

Cook onion and green pepper slowly in butter until onion is soft and yellow. Add meat and brown. Add remaining ingredients. Pour into greased casserole dish. Bake 1 hour at 350° (until rice is soft). Serves 6.

Also good made with chicken.
Vicki Worsham

TEXAS HASH

2 lb. ground round	1 large can tomato sauce
1 small box macaroni	1/2 tsp. pepper
3 onions	1/2 tsp. chili powder
3 green peppers	1 tsp. salt

Brown ground round. Cook macaroni until tender. Chop onions and green peppers. Put into a casserole dish. Add tomato sauce and remaining ingredients. Stir and bake with cover on at 350° for 1 hour. Uncover and bake for 1/2 hour.

Mary Camp

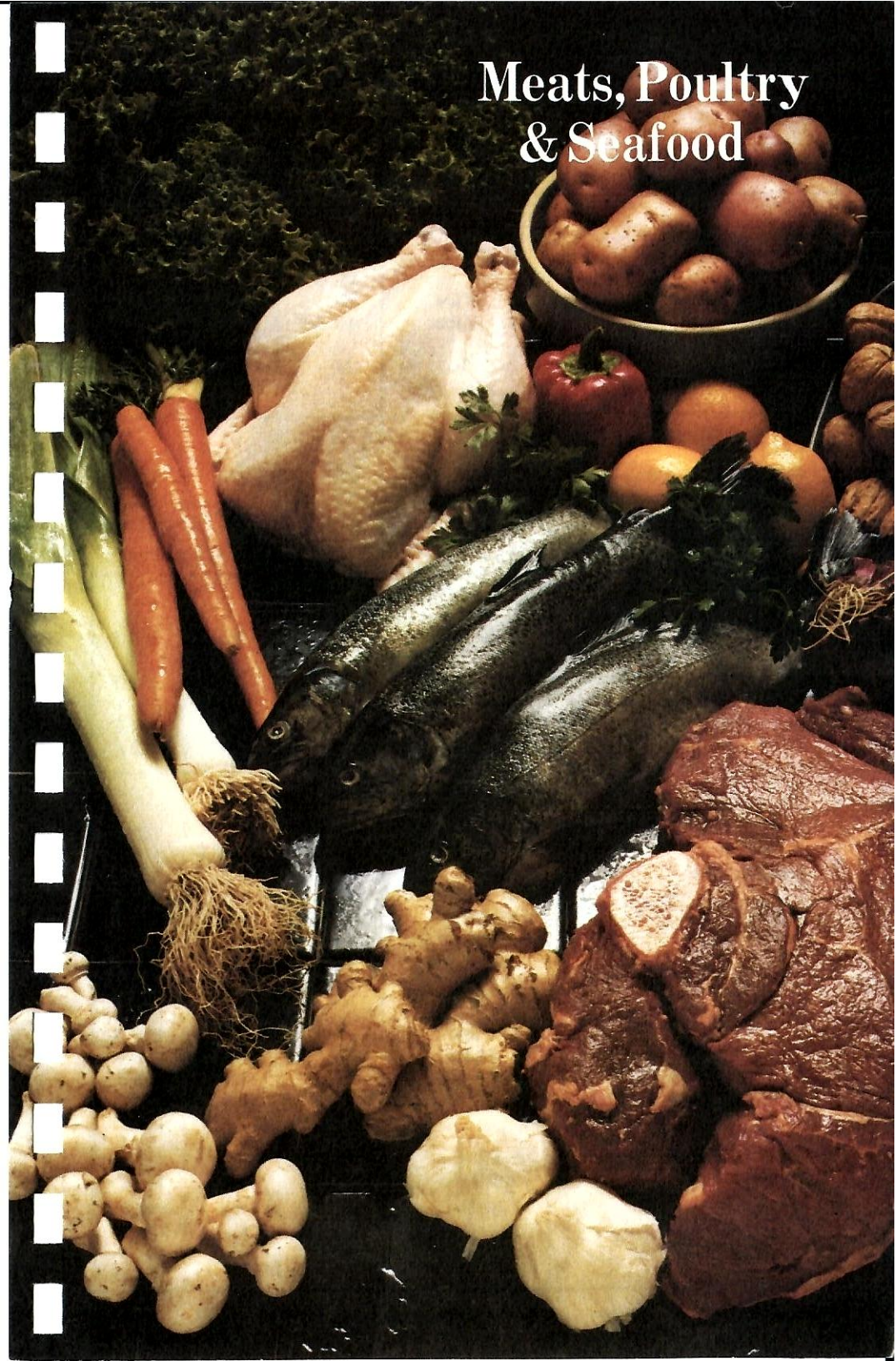
TUNA FISH CASSEROLE

1 can tuna fish	1 small can peas, drained
1 can mushroom soup (undiluted)	1 bag crushed potato chips

In 1-quart casserole dish, mix soup, peas, tuna and 3/4 bag potato chips. Top with remaining potato chips. Bake at 350° for 30 minutes. Makes 4 servings.

Lynda Toncray

Meats, Poultry & Seafood



Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

MEATS, POULTRY & SEAFOOD

ARKANSAS FAVORITE HAMBURGER STEAKS

- | | |
|------------------------------|-----------------------|
| 1 1/2 lb. ground beef | 1/4 tsp. salt |
| 2 Tbsp. chopped onion | 1/4 tsp. black pepper |
| 2 Tbsp. chopped green pepper | 5-6 Tbsp. flour |

Combine all ingredients. Make out in 4 patties. Cover with flour as you make them out. Have electric skillet preheated to 300°. Brown patties on both sides and then pour water over to cover. Cook until gravy is as thick as you like it. Serve with vegetables.

Ruby Worsham

BAR-B-Q RIBS

- 4 lb. spareribs, cut barbecue sauce
into serving-size (amount of ribs can be adjusted)

Partially boil ribs in large pot for 20 minutes. Remove from pot and place on charcoal grill until done. While on grill, baste with barbecue sauce to satisfy taste.

Country ribs may be substituted for spareribs.

Don Rapp

BEEF BARBEQUE

- | | |
|--|---|
| 6 lb. boneless beef
chuck pot roast | 2 Tbsp. Worcestershire
sauce |
| 1/2 c. margarine | 1 tsp. pepper |
| 1 c. chopped onion | 1 tsp. salt |
| 2 (16 oz.) cans stewed
tomatoes | 1 c. hickory smoked bar-
becue sauce |
| 1 c. catsup | 1/2 c. water |
| | 1 tsp. garlic salt |

Season meat as desired. Roast in 350° oven (covered) until tender. Trim away all fat and slice meat; set aside. In 2-quart saucepan, saute onion in margarine over medium heat 15 minutes. Add tomatoes, catsup, Worcestershire sauce, pepper, salt, garlic salt and barbecue sauce. Simmer over low heat, stirring

occasionally, for 45 minutes. Combine sliced meat, water and barbecue ingredients in Dutch oven. Cook uncovered over low heat 2 hours, stirring occasionally. Serve on warm, toasted buns. Makes 25-30 sandwiches.

Jan Vonachan

CORN DOGS

- | | |
|---------------------------|--|
| 1 c. packaged pancake mix | 8 frankfurters |
| 2 Tbsp. corn meal | 8 wooden sticks |
| 1 Tbsp. sugar | enough salad oil or shortening for deep frying |

Slowly heat oil (at least 1 inch deep) in electric skillet or deep fryer to 375°. Combine pancake mix, corn meal, sugar and 2/3 cup water. Beat with rotary beater just until smooth. Let batter stand about 10 minutes to thicken. Dip frankfurters into batter to coat lightly all over. In hot oil, fry frankfurters, a few at a time, 2-3 minutes or until crisp and golden brown all over. Lift out with slotted spoon. Drain well on paper towels. Insert wooden stick into the end of each frankfurter. Serve at once.

Barb Rediger

EASY POT ROAST

- | | |
|--------------------------------------|---------------------------|
| 1 (3 1/2-5 lb.) rump or rolled roast | 1/4 c. water |
| 1 can mushroom soup | dash of pepper |
| 1/4 c. A.1. sauce | 1 pkg. dry onion soup mix |

Place roast on large piece of heavy duty aluminum foil. Sprinkle over the meat the dry onion soup mix and pepper (no salt is needed). Mix mushroom soup, A.1. sauce and water; place on top of meat. Fold and seal foil over the meat. Make sure all sides are sealed. Bake 3 1/2-4 hours in 325° oven.

Delicious served on large noodles. Makes own gravy. Great to put in before church.

Robin Barnard

FRIED CHICKEN 'N MUSHROOMS

- | | |
|-------------------------------|-----------------|
| 1 whole fried chicken | Parmesan cheese |
| 2 cans cream of mushroom soup | |

Fry chicken as usual. When done, put chicken in a baking dish. Pour cream of mushroom soup on top. Sprinkle Parmesan cheese on top. Bake uncovered for 30 minutes at 350°.

Pam Graham

HERBED PORK CHOP DINNER

pork chops
potatoes
carrots

lemon and herb seasoning
salt and pepper

Peel and thinly slice potatoes. Arrange in bottom of oiled roaster pan. Wash and scrape young carrots or slice larger ones and place in pan with potatoes. Top with pork chops that have been browned in skillet. Season potatoes, carrots and pork chops with salt, pepper and lemon and herb seasoning. Bake at 300° for 1 hour. Arrange on platter and serve with dinner rolls for a complete meal.

Elizabeth Davis

HOMEMADE BARBEQUE

3 tsp. oil or butter
3 grated medium onions
3 stalks celery, grated
2 tomatoes, skinned
1/4 c. salad oil
1/4 c. vinegar
juice of 2 lemons

3 Tbsp. brown sugar
1 c. catsup
2 Tbsp. mustard
2 Tbsp. Worcestershire
sauce
1 1/2-2 Tbsp. salt
pepper
pinch of cayenne

Mix all ingredients and simmer together for a few hours. Add cut-up pork roast to make barbecues.

Christy Boswell

HOMEMADE SUMMER SAUSAGE

3/4 c. water
2 lb. hamburger
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. onion powder

1/4 tsp. garlic powder
2 Tbsp. Morton Tender
Quick salt (meat cure)
1 Tbsp. liquid smoke
1 Tbsp. mustard seed

Mix all ingredients well. Form into 2 rolls and wrap in foil. Refrigerate 24 hours. With a fork, poke holes in foil on bottom of each roll. Place rolls on rack over a cake pan to catch any liquid that drips during baking. Bake in 350° oven for 1 hour.

Geraldine Render

ITALIAN MEAT ROLL

1 lb. hamburger	salt
2 c. baking mix	pepper
1/2 c. milk	oregano
1 can tomato sauce	

Brown hamburger. Season with salt, pepper and oregano. Drain. Mix baking mix and milk with a fork. Roll out flat on a floured board. Cover with meat. Roll it like a jelly roll. Bake for 20-25 minutes at 400°. Slice and serve with tomato sauce seasoned with salt, pepper and oregano.

Pam Graham

PATTY'S PARMESAN CHICKEN

butter	chicken
Parmesan cheese	

Melt enough butter to coat chicken desired. Dip chicken pieces in butter. Sprinkle heavily with Parmesan cheese and place on baking sheet. Bake approximately 1 hour at 350°.

Delicious!

Patty Powers

PEPPER STEAK

1 lb. round steak, cut into 1/4-inch strips	3 Tbsp. butter
2 medium onions	1 large green pepper
paprika	4 beef bouillon cubes, dis- solved in 1 c. water

Gravy:

1 c. water	1/4 c. soy sauce
1/4 c. cornstarch	

Sprinkle meat strips with paprika. Brown in butter. Pour bouillon cube mixture over meat and cover. Let simmer 40 minutes. Cut onions in sections and cut green pepper in slices. Add to meat mixture; cover and let simmer until onions and pepper are tender.

To make gravy, mix water, cornstarch and soy sauce. (If too thick, add more water.) Add to meat.

Linda Miller

SAVORY EGGS

1 c. grated cheese	1/2 tsp. salt
2 Tbsp. butter	1/4 tsp. pepper
1/2 c. cream	6 eggs, beaten
1 tsp. prepared mustard	

Heat oven to 325°. Sprinkle cheese in square pan (9 x 9 x 1 3/4 inches). Dot with butter. Mix cream, mustard, salt and pepper. Pour half over cheese. Pour eggs over top, then remaining cream mixture. Bake 25 minutes. Serve at once. Makes 6 servings.

Mrs. V. M. Graham

SUMMER SAUSAGE

5 lb. ground chuck (not hamburger)	1 1/2 tsp. mustard seed
5 rounded tsp. Tender	2 1/2 tsp. coarse ground black pepper
Quick salt	2 1/2 tsp. garlic salt
1 tsp. hickory salt	

Mix well all the above ingredients. Refrigerate for 3 days. Mix well each day for the 3 days. On the fourth day, make 5 equal rolls. Put on rack over oven pan and bake at 175°-180° for 8 hours. (You may turn the rolls once so they will be more round.)

Barb Rediger

SWISS STEAK

1/4 c. flour	dash of pepper
	2 Tbsp. shortening

1 (10 3/4 oz.) can
vegetable soup
1/2 tsp. salt

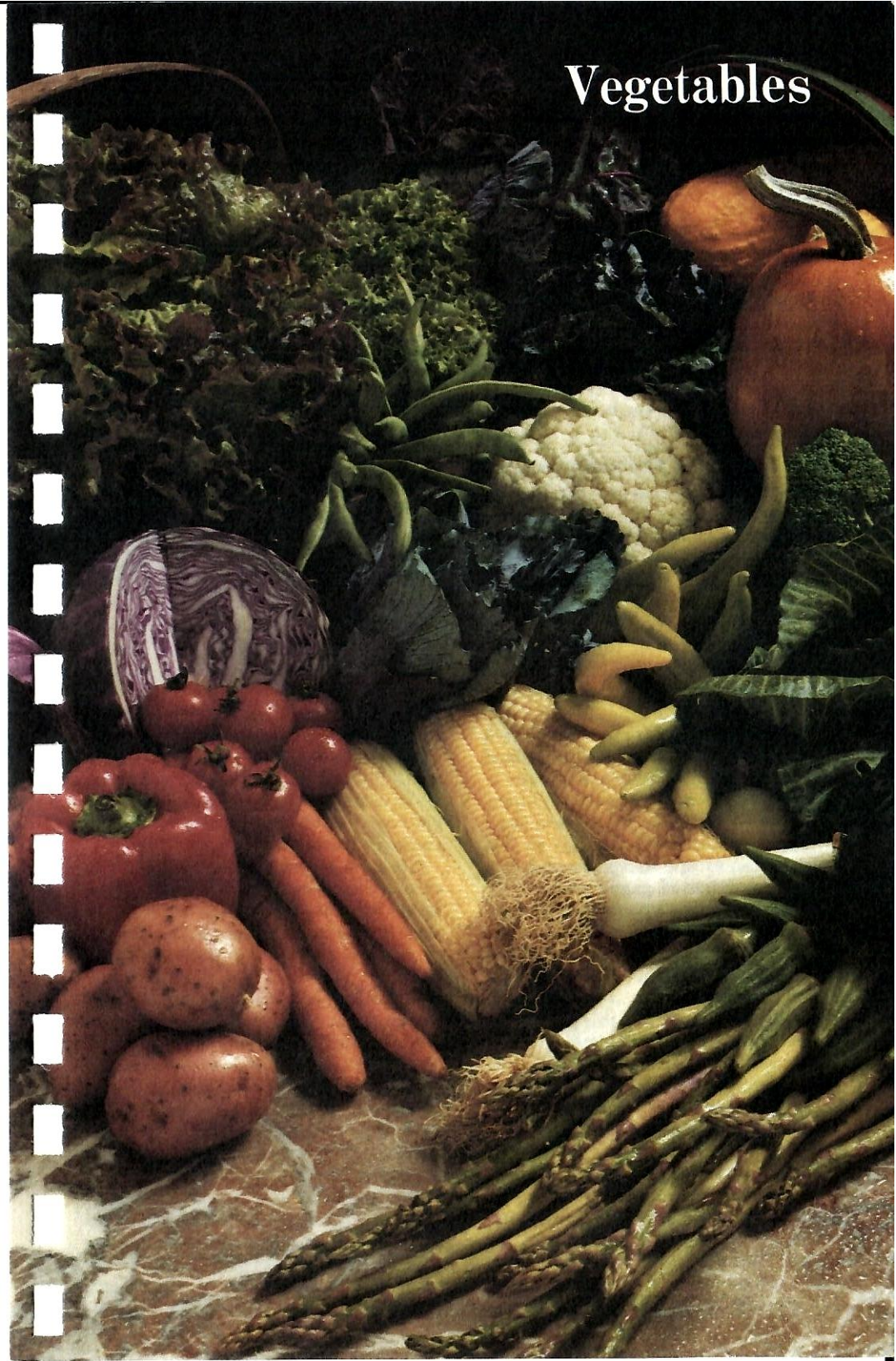
1 1/2 lb. round steak
1/2 soup can water
1 c. sliced onion

Mix flour and seasonings; pound into steak with meat hammer or edge of heavy saucer. In large skillet, brown steak in shortening. Pour off fat. Add rest of ingredients. Cover and simmer for 1 hour and 15 minutes or until tender. Stir occasionally. Serves 4.

Sheila Gillespie

** EXTRA RECIPES **

Vegetables



How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open

petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

VEGETABLES

BROCCOLI CASSEROLE

- | | |
|-----------------------------|-----------------------------|
| 1 box frozen broccoli | 1 c. Minute rice (uncooked) |
| 5 Tbsp. oleo | 1/2 c. milk |
| 1 can cream of chicken soup | 1/2 c. soft cheese |

Cook broccoli by directions on box. Add other ingredients and bake at 350° for 1 hour.

Joann Goad

BROCCOLI CASSEROLE

- | | |
|--------------------------|---------------------------------|
| 2 c. cooked rice | 1 can cream of chicken soup |
| 1/2 c. uncooked rice | |
| 1 (8 oz.) jar Cheez Whiz | 1 pkg. chopped broccoli, thawed |

Stir together all ingredients. Top with crushed potato chips. Bake at 325° for 35 minutes.

Debbie Martin

CAULIFLOWER CASSEROLE

- | | |
|--------------------------|-------------------------|
| 1 bag frozen cauliflower | 1/2 lb. Velveeta cheese |
| 1 roll Ritz crackers | 1 1/2 sticks butter |

Cook cauliflower slightly; drain and spread in 9 x 12-inch baking dish. Melt 1/2 stick butter and Velveeta cheese. Mix well and pour over cauliflower. Crush crackers and pour on top. Melt 1 stick butter and pour over crumbs. Bake 20-30 minutes at 350°.

Barbara Rapp

COPPER PENNIES

- | | |
|---|--|
| 2 lb. fresh carrots, sliced in 1/4-inch rounds (4 1/2 c.) | 1 (10 3/4 oz.) can condensed tomato soup |
| 2 medium onions, thinly sliced and separated into rings | 3/4 c. vinegar |
| | 2/3 c. sugar |
| | 1/2 c. cooking oil |
| 1 medium green pepper, cut into thin strips | 1 tsp. Worcestershire sauce |

1 tsp. prepared mustard 1/2 tsp. salt

Cook carrots in small amount of boiling, salted water until just tender, about 8-10 minutes. Drain. Combine with onion and green pepper in large bowl. Stir together remaining ingredients; pour over vegetables in bowl. Cover and marinate in refrigerator several hours or overnight. Drain, reserving marinade. Serve in lettuce-lined bowl, if desired, Return leftover vegetables to marinade; keep refrigerated. Makes 5 cups.

Kathy Morris

FESTIVE CARROT RING

2 c. cooked carrots, mashed (about 2 lb.)	1 tsp. salt
1 c. cracker crumbs	1/4 tsp. pepper
1 c. milk	1/8 tsp. cayenne pepper
3/4 c. grated sharp Cheddar cheese	3 eggs
1 1/3 c. soft butter	2 (10 oz.) pkg. cooked, frozen peas (for garnish)
1/4 c. grated onion	parsley (for garnish)

Combine carrots, crumbs, milk, cheese, butter, onion and seasoning. Beat eggs until slightly puffy. Fold into carrot mixture. Pour into very well-greased 1 1/2-quart ring mold. Bake at 350° for 40-45 minutes. Turn out onto warm platter. Fill center with cooked peas. Garnish outside of ring with parsley. Makes 8-10 servings.

Lynda Toncray

FRIED ONION RINGS

1 large onion	1 c. cold water
2 c. Jiffy or Bisquick mix	3 c. cooking oil
1 egg	

Mix egg, Jiffy mix and water together with a fork. Refrigerate 2 1/2 hours. Slice onion. Heat oil in electric skillet at 400°. Separate onion slices into rings. Dip rings in batter and fry in oil, turning only once. Drain on paper plate.

Fried Onion Rings may be frozen to be used

later. This is also a good batter for coating cauliflower and mushrooms.

Ruby Worsham

ONION RINGS

3/4 c. flour	2-3 large onions
2 tsp. baking powder	1/2 c. powdered milk and
1 Tbsp. sugar	water (for a thick batter
1 tsp. salt	or enough regular milk
1 Tbsp. cornmeal	for a thick batter)

Mix first 5 ingredients. Stir in enough milk for a thick batter. Peel onions and slice to desired thickness. Dip onion slices in batter and fry until golden brown. Grease should be heated to 350° before frying Onion Rings.

Ruth Anne Wheeler

MIXED VEGETABLE CASSEROLE

1 (16-20 oz.) pkg. frozen mixed vegetables (broccoli, cauliflower, carrots)	1/4 c. milk 1/4 lb. American or Velveeta cheese croutons
1 can mushroom soup	1 stick margarine

Cook vegetables until just tender. Add soup, milk and cheese. Stir together. Put croutons on top. Melt butter and pour on top. Bake at 350° for 30 minutes.

Kathy Morris

STUFFED CABBAGE ROLLS

4 qt. water	1/2 c. diced celery
8 large cabbage leaves	1/3 c. diced onion
1 lb. ground beef	1 tsp. salt
1/2 c. instant rice	1/4 tsp. pepper
1 egg, beaten	1 (8 oz.) can tomato sauce
1/4 c. milk	1 c. water
	1/2 tsp. oregano

In covered pot, bring 4 quarts water to boil. Place cabbage leaves in water and cover. Remove from

heat and let stand 10 minutes. Brown meat in skillet; remove from heat. Add rice, egg, milk, celery, onion, salt and pepper. Mix well. Remove cabbage from water. Place 1/2 cup of meat mixture on each cabbage leaf. Roll each individually and secure with toothpick. Pour water out of pot. Mix tomato sauce, 1 cup water and oregano. Place cabbage rolls in slow cooker and pour sauce over. Cook on medium heat for 5 hours.

Don Rapp

TWICE-BAKED POTATOES

6 white potatoes	2 Tbsp. butter
3 oz. cream cheese	1/2 tsp. pepper
1 tsp. salt	1 tsp. grated onion
2 eggs	1/4 c. milk

Bake potatoes until tender, about 1 hour. Cool and peel. In mixer, put potatoes and cream cheese in chunks. Mix well. Add other ingredients and mix well. Fill aluminum potato shells level with the top. Paprika sprinkled on top adds a nice touch of color.

Also, these may be frozen for later use. If defrosted, bake at 400° for 20 minutes. If frozen, bake at 400° for 30 minutes.

Patty Powers

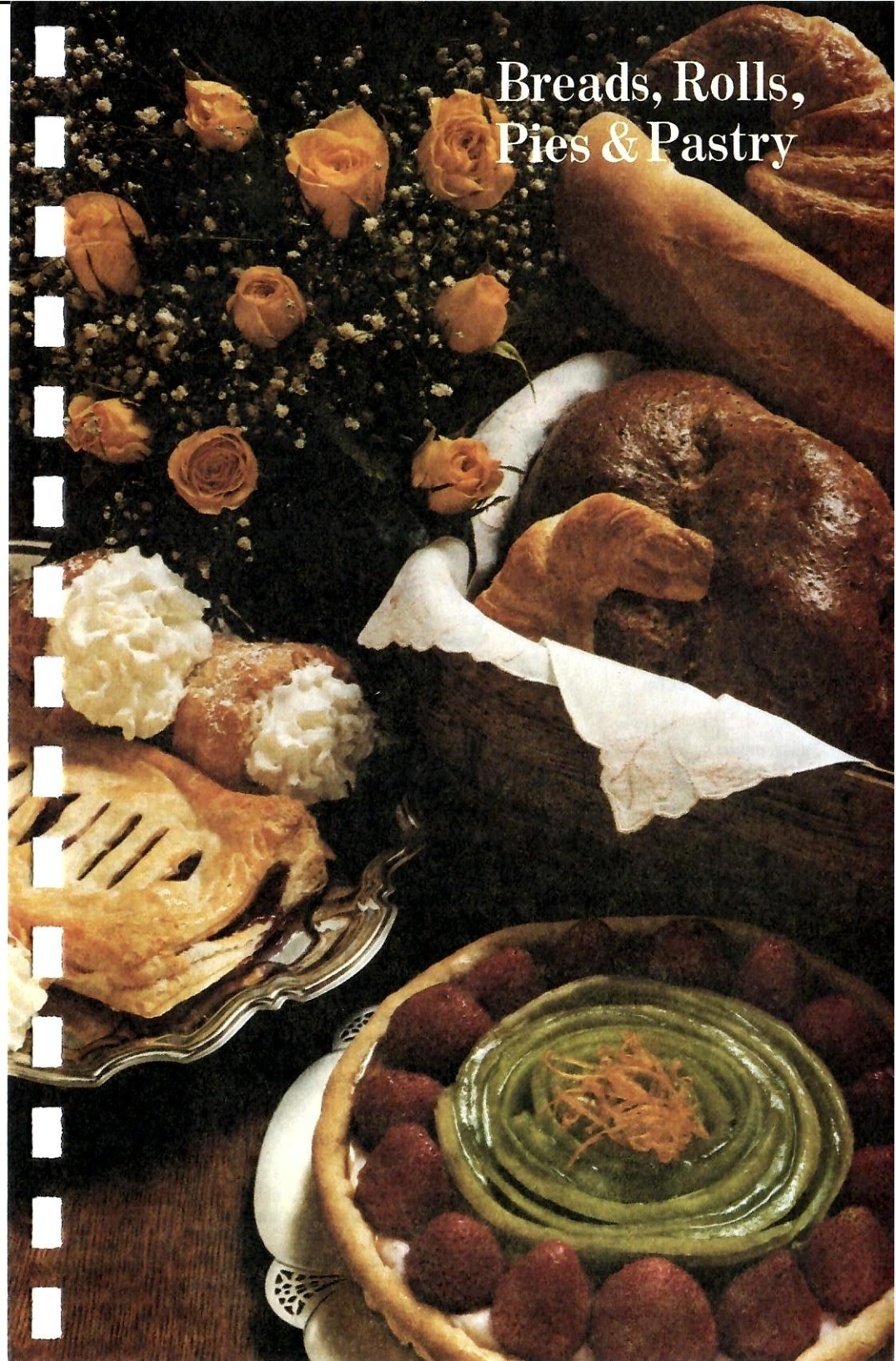
ZUCCHINI CASSEROLE

6 c. zucchini, cooked in salt water with 1/2 c. onion	1 (8 oz.) carton sour cream 1 pkg. Stove Top stuffing mix (chicken flavor)
1 can cream of chicken soup	6-8 slices Velveeta cheese

Cook zucchini and onion in salt water and drain. Prepare stuffing mix according to package directions. Mix all ingredients together, except cheese. Put in 9 x 13-inch baking dish. Bake at 350° for 25 minutes. Top with cheese and bake another 5 minutes or until cheese is melted.

Brenda Barr

Breads, Rolls, Pies & Pastry



Baking Tips

COMMON PROBLEMS

[Common Failures]

Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

Cakes

- Cracks and uneven surface

Dry cakes

- Heavy cakes
- Sticky crust
- Coarse grained cake

Fallen cakes

Uneven color

Uneven browning

Cookies

- Uneven browning

Soggy Cookies

- Excessive spreading of cookies

Muffins

- Coarse texture

- Tunnels in muffins, peaks in center and soggy texture

Pies

- Pastry crumbles
- Pastry tough

- Pies do not brown (fruit or custard)

CAUSES OF PROBLEMS

[Causes of Failures]

Insufficient mixing

Baking in too slow an oven and handling too much

Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising

Over-kneading or using old yeast

Under-kneading and not kneading evenly

Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature

Too much sugar or baking too short a period
Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks

Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Overmixing

Over-mixing flour and shortening

Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

BREADS, ROLLS, PIES & PASTRY

ANGEL BISCUITS

5 c. all-purpose flour	3 Tbsp. sugar
3/4 c. shortening	1 pkg. yeast, dissolved in
1 tsp. baking soda	1/2 c. warm water
1 tsp. salt	2 c. buttermilk
3 tsp. baking powder	

Sift dry ingredients together. Cut in shortening until thoroughly mixed. Add buttermilk and yeast mixture. Work together with large spoon until all flour is moistened. Cover bowl and put into refrigerator until ready to use. Roll on floured board 1/2 inch thick and cut. Bake at 400° on cookie sheet or shallow pan for 12 minutes or until brown. Makes 6 dozen.

Mary Camp

APRICOT NIBBLE BREAD

2 (3 oz.) pkg. cream cheese, softened	1 slightly beaten egg
1/3 c. sugar	1/2 c. orange juice
1 Tbsp. flour	1/2 c. water
1 egg	1 (17 oz.) pkg. apricot nut quick bread mix
1 tsp. grated orange peel (optional)	

Combine cream cheese, sugar and flour; beat in the first egg and orange peel. Set mixture aside. Combine the slightly beaten egg, orange juice and water. Add quick bread mix, stirring until moistened. Turn 2/3 of the apricot batter into greased and floured 9 x 5 x 3-inch loaf pan. Pour cream cheese mixture over top; spoon on remaining apricot batter. Bake at 350° for 1 hour. Cool 10 minutes; remove from pan. Cool. Wrap in foil; refrigerate.

Kathy Morris

BANANA BREAD

4 c. Bisquick	4 eggs, beaten
1 c. sugar	1 c. sour cream
1/2 c. sifted flour	2 c. bananas (4 medium)
1/2 tsp. baking soda	1 c. chopped walnuts or pecans

In large mixing bowl, thoroughly combine Bisquick, sugar, flour and baking soda. Combine eggs and sour cream; stir into dry ingredients, alternating with mashed bananas. Mix very well. Stir in nuts. Pour into 2 greased 9 x 5 x 3-inch loaf pans and bake at 350° for 45-50 minutes. Cool 10 minutes and remove from pans. Cool completely on racks.

Jan Vonachan

BANANA BREAD

1 3/4 c. flour	1/4 tsp. baking soda
2/3 c. sugar	1/2 c. shortening
1 tsp. baking powder	1 c. mashed bananas
1/2 tsp. salt	2 eggs, slightly beaten

In a large bowl, mix first 5 ingredients. Cut in shortening until mixture resembles coarse crumbs. With fork, stir in bananas and eggs. Bake at 350° for 50 minutes.

Retha Wheeler

BANANA NUT BREAD

1/2 c. butter	2 c. flour
1 c. sugar	1 tsp. baking soda
3 bananas, mashed	1/2 c. nuts
2 eggs	1 bottle maraschino cherries

Cream together butter, sugar, eggs and bananas. Add flour and baking soda. Dice cherries; chop nuts and add to the mixture. Mix well. Bake at 350° for 1 hour. Makes 2 loaves.

Debbie Martin

BLENDER BANANA BREAD

2 1/2 c. flour, sifted	1/3 c. soft butter
1 tsp. baking soda or	1 egg
3 tsp. baking powder	3 small bananas, cut up
1/2 tsp. salt	1/2 c. milk
3/4 c. walnuts	1 tsp. lemon juice (omit if
1 c. sugar	using baking powder)

Mix flour, soda (or baking powder) and salt in

medium-sized bowl and set aside. Put walnuts in blender and process for 10 seconds. Add to flour mixture. Put sugar, butter, eggs, bananas, milk and lemon juice in blender; process at high speed for 15 seconds. Pour liquid ingredients over flour-nut mixture and mix well. Pour batter into 9 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour.

Barb Birdsell

CINNAMON BISCUITS

1 can biscuits
1/2 c. sugar

cold milk
cinnamon

Open biscuits and place together in a deep, ungreased pan. Pour enough milk over them until they are nearly covered. Sprinkle cinnamon and sugar over the top. Bake in hot 450° oven until done, approximately 20 minutes.

Barb Rediger

DILLY BREAD

1 pkg. yeast, softened
in 1/4 c. water
1 c. cottage cheese
2 Tbsp. sugar
1 Tbsp. minced onion
1 Tbsp. butter

2 tsp. dill seed
1 tsp. salt
1 unbeaten egg
1/4 tsp. baking soda
2 1/4-2 1/2 c. flour
butter
garlic salt

Soften yeast in water. In saucepan put cottage cheese, sugar, onion, 1 tablespoon butter, dill seed and salt. Heat to lukewarm. Pour in yeast mixture. Add egg and baking soda. Add flour to make stiff dough, beating well after each addition. Cover and let rise in warm place until light and doubled in size, 50-60 minutes. Stir dough down. Turn into well-greased 8-inch bread pan. Let rise in warm place until light, 30-40 minutes. Bake at 350° for 40-50 minutes until golden brown. Brush with soft butter and sprinkle with garlic salt.

Christy Boswell

EGG NOODLES

6 eggs
1 tsp. baking powder

1/2 c. water

Beat eggs in bowl. Add flour. Mix up to make stiff as needed. Lay out and let dry on one side. Turn over and let dry on the other side. Cut up into noodles; put in bag and freeze.

Mrs. Virgil Graham

MEXICAN CORN BREAD

2 c. self-rising corn meal
1 c. self-rising flour
1/4 c. cooking oil
1 large chopped onion

1 can Mexican corn, drained
1 c. grated American cheese
2 1/2 c. milk
3 eggs

Mix well. Pour in greased pan and bake at 350° for 45 minutes. Great with fish or beans.

Beverly Porter

MIRACLE WHIP BISCUITS

2 c. self-rising flour
2 Tbsp. Miracle Whip

1 c. milk

Stir all ingredients together. Dough should leave the side of the bowl. Turn out on floured board. Pat out to desired thickness and cut into biscuits. Bake at 425° until brown.

Dorothy Lambrich

MONKEY BREAD

4 tubes refrigerated biscuits
3/4 c. sugar
cinnamon to taste

1 stick oleo
1 c. sugar
1 Tbsp. (or more) cinnamon

Cut each individual biscuit into 4 pieces. Mix sugar and cinnamon to coat. Coat each piece of biscuit with sugar-cinnamon mixture. Place pieces in Bundt

pan. Melt butter 1 cup sugar and 1 tablespoon cinnamon together; bring to boil. Pour this mixture over biscuits. Bake at 375° about 35 minutes until done.

Dorothy Lambrich

ORANGE BREAD

1 c. sugar	1/2 tsp. salt
1/2 c. water	4 Tbsp. butter
peels of 2 thick-skinned oranges	1 egg
1 c. milk	3 c. flour
	6 tsp. baking powder

Boil sugar and water until sugar is dissolved. Add peels and simmer until tender. Add milk and butter; cool. Add beaten eggs, then flour, baking powder and salt which have been sifted together. Pour in buttered bread pan. Bake at 375°. Bread is done when toothpick inserted in middle comes out dry.

Kathy Morris

PINEAPPLE ZUCCHINI BREAD

2 c. sugar	1 tsp. salt
3 eggs	1 tsp. baking soda
1 c. oil	1 tsp. baking powder
2 tsp. vanilla	1/2 c. raisins
2 c. zucchini	2 c. pineapple (crushed or chunk)
3 c. flour	

Beat first 4 ingredients until fluffy. Add flour, salt, soda, baking powder and zucchini. Add raisins, nuts and pineapple. Bake in 2 greased and floured loaf pans for 1 hour at 325°.

Elaine Flickinger

REFRIGERATOR ROLLS

1 c. hot water	1 cake yeast
1 tsp. salt	2 Tbsp. warm water
6 Tbsp. shortening	1 egg, beaten well
1/4 c. sugar	3 1/4-4 c. sifted flour

Combine hot water, salt, shortening and sugar in large bowl. Mix and cool to lukewarm. Mix cake

yeast with 2 teaspoons warm water and add to first mixture. Add well-beaten egg and flour. Beat well. Grease top and refrigerate. Bake at 425° for 12-15 minutes.

You can also use this recipe to make cinnamon rolls and bake at 375° for 20 minutes.

Kathy Morris

STRAWBERRY BREAD

2 pkg. frozen straw-berries (10 oz.)	1 tsp. baking soda
4 eggs, beaten	1 tsp. salt
1 1/4 c. cooking oil	3 tsp. cinnamon
3 c. flour	2 c. sugar
	1 1/4 c. chopped nuts

In one bowl, thaw strawberries. Combine berries and juice, eggs and oil. Mix well. In another bowl sift flour, soda, salt, cinnamon and sugar. Add strawberry mixture to flour mixture. Add nuts; mix well. Pour into 2 greased and floured 9 x 5 x 3-inch loaf pans. Bake 1 hour at 350°.

Pam Jackson

APPLE PIE FILLING

4 1/2 c. sugar	6 lb. peeled, cored, and sliced apples
1 c. cornstarch	3 Tbsp. lemon juice
2 tsp. cinnamon	2-3 drops yellow food coloring
1/4 tsp. nutmeg	
10 c. water	

Blend sugar, cornstarch, cinnamon and nutmeg. Stir in 10 cups water. When well blended, add lemon juice and apples. Cook until thick and bubbly. Pour into sterilized jars, leaving 1 inch at the top. Process in hot water bath 20 minutes.

Kaylene Bellmore

APPLE PIE

3 Tbsp. flour	3/4 c. sugar
4 c. raw apples, sliced	

Filling:

1/4 c. sugar
2 Tbsp. flour
dash of cinnamon

1 Tbsp. butter
1/2 c. half and half

Topping:

1/2 c. flour
1/2 c. sugar

1 stick butter
dash of cinnamon

Mix apples, flour and sugar together. Put into prepared, unbaked pie crust. Mix filling ingredients together and pour over the apples. Mix topping ingredients together with fork and sprinkle on top of pie. Bake at 450°; reduce heat to 350° and bake for 45 minutes.

Robin Barnard

ARKANSAS RAISIN PIE

2 c. raisins
1 1/4 c. water
1/2 c. orange juice
1/2 c. brown sugar
2 Tbsp. cornstarch

1 tsp. cinnamon
1 tsp. grated orange rind
pinch of salt
1/4 c. water
2 Tbsp. butter or margarine
1 Tbsp. vinegar

Cook raisins in 1 1/4 cups water and orange juice for 5 minutes. Combine brown sugar, cornstarch, cinnamon, orange rind, salt and water. Add to cooked raisins; bring to good boil, stirring well to keep sauce smooth. Remove from heat. Add butter or margarine and vinegar. Pour into prepared, unbaked, 8-inch pie shell. Cover with top crust and bake 25 minutes in hot 425° oven.

Ruby Worsham

BROWN BAG APPLE PIE

apples (to fill pie pan)
3/4 c. sugar

2 Tbsp. flour
dash of cinnamon

Topping:

1/2 c. sugar 3/4 stick oleo
1/2 c. flour

Mix apples, sugar, flour and cinnamon in bowl. Let stand in bowl while making crust. Put ingredients in pie shell. Mix ingredients for topping. Sprinkle on top of apples. Place in brown grocery bag. Fold ends over and staple or pin. Bake 1 hour at 400°.

Phyllis Nohl

BUTTERMILK PIE

4 c. sugar 6 eggs
1 c. butter 2 tsp. vanilla
6 Tbsp. flour 2 c. fresh buttermilk

Separate eggs. Beat whites until stiff. Fold in remaining ingredients. Pour into prepared, unbaked pie shell. Bake in 375° oven until golden brown. Makes 3 pies.

Ruby Worsham

CHOCOLATE CHEESE PIE

Crust:

1 stick melted butter 1 c. flour
or margarine 1/2 c. pecans

Second Layer:

1 c. powdered sugar 1 large tub Cool Whip
1 (8 oz.) pkg. cream 1 large pkg. instant
cheese chocolate pudding

Cover bottom of pie pan with first mixture pressed into pan. Bake at 350° for 20-25 minutes. Cool. Beat together the cream cheese and powdered sugar. Fold in Cool Whip and pour over crust. Mix chocolate pudding according to directions on the package. Pour pudding over cream cheese mixture. Chill and serve.

Allene Jones

CORNMEAL PIE

4 eggs, beaten	1 c. milk
4 Tbsp. cornmeal	1 tsp. vanilla
3 c. sugar	1 stick oleo
	2 unbaked 9-inch pie shells

Preheat oven to 350°. Mix in order given. Mix well after each addition. Beat egg well, but not foamy. Add cornmeal and sugar. Add milk and vanilla. Add oleo and mix well or oleo will separate. Pour into pie shells. Bake for 1 hour or until filling does not shake.

Jessie Snare

CREAM PIE

2 c. sugar	1 can water
8 Tbsp. flour	1 stick butter or oleo
5 eggs	1 tsp. vanilla
1 large can Milnot	

Cream sugar, eggs and flour. Set aside. Scald Milnot and water. Add creamed mixture and cook until thick, stirring constantly. Remove from heat. Add 1 stick butter; mix well and pour into baked crusts. Cover with meringue and brown.

Lora Prewett

CUSTARD PIE

3 eggs	1/4 tsp. nutmeg
1/2 c. sugar	2 c. Milnot
1/3 tsp. salt	3/4 tsp. vanilla

Mix ingredients together and put into an unbaked pie shell. Bake at 450° for 10 minutes; then reduce heat to 350° and continue to bake for another 20 minutes.

Elsie Spain

IMPOSSIBLE PUMPKIN PIE

3/4 c. sugar	1 can evaporated milk
1/2 c. Bisquick	2 eggs
2 Tbsp. margarine	1 can pumpkin

2 1/2 tsp. pumpkin
spice

2 tsp. vanilla

Put all ingredients in blender and mix well on high speed for 1 minute. Pour in 9-inch greased pie plate. Bake 50-55 minutes.

Phyllis Nohl

NEVER-FAIL PIE CRUST

3 c. sifted flour

1 c. lard or Crisco

1 tsp. salt

1 egg

1 tsp. vinegar

5 Tbsp. cold water

Beat egg until light. Add vinegar and cold water. In large bowl, blend lard or Crisco, flour and salt. Add liquid; mix lightly. Roll out on floured surface. This will be enough for 2 pies, top and bottom, or 3 bottom crusts.

Lora Prewett

MERINGUE FOR PIE

3 egg whites

1/4 tsp. cream or tartar

6 Tbsp. sugar

1/2 tsp. vanilla

Beat egg whites and cream of tartar until foamy. Beat in sugar, one tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla. Heap meringue onto hot pie filling; spread over filling carefully, sealing meringue to edge of crust. Bake until lightly browned at 400°.

Lora Prewett

MILLION DOLLAR PIE

1 can Eagle Brand milk

1/4 c. lemon juice

1 (No. 2) can crushed
pineapple, drained

1 can mandarin oranges,
drained

2 c. Cool Whip

1 tsp. vanilla

Beat the lemon juice into the Eagle Brand milk. Fold in the Cool Whip, fruit and vanilla. Put into 2 graham cracker crust pie shells. Refrigerate until set.

Phyllis Nohl

PIE CRUST

2 1/2 c. flour	1 egg
2 tsp. sugar	1 Tbsp. vinegar
1/4 tsp. baking powder	cold water
3/4 c. shortening	

Mix together flour, sugar and baking powder. Cut in shortening. Beat egg and vinegar together. Add to mixture. Add small amounts of water until workable. Makes one 2-crust pie.

Vicki Worsham

PUMPKIN CHIFFON PIE

1 (9-inch) baked pie shell	1/2 tsp. cinnamon
3/4 c. brown sugar	1/2 tsp. nutmeg
1 envelope unflavored gelatin	1 1/4 c. canned pumpkin
1/2 tsp. salt	3 eggs, separated
1/2 tsp. ginger	1/2 c. milk
	1/2 tsp. cream of tartar
	1/2 c. white sugar

In small saucepan, stir together brown sugar, gelatin, salt and spices. Blend pumpkin, egg yolks and milk; stir into brown sugar mixture. Cook over medium heat, stirring constantly, just until mixture boils. Chill in refrigerator, stirring occasionally, until mixture mounds when dropped from spoon. Beat egg whites and cream of tartar until foamy. Beat in white sugar, one tablespoon at a time. Continue beating until stiff and glossy. Do not overbeat. Fold into pumpkin mixture. Pile into baked pie shell. Chill at least 3 hours.

Kathy Rowell

PUMPKIN PIE

1 c. milk	1/2 tsp. ginger
1 c. pumpkin	1/2 tsp. cinnamon
3/4 c. sugar	1 tsp. vanilla
1 Tbsp. flour	2 eggs, beaten
	1/4 tsp. salt

Mix sugar and flour; add spices. Add milk and pumpkin. Add vanilla and eggs last. Pour in an unbaked pie shell and bake at 450° for 10 minutes. Reduce heat to 350° and bake 30-40 minutes longer.

Retha Wheeler

STUPID PIE

3 egg whites, stiffly beaten	1 tsp. vanilla
1 c. sugar	20 Ritz crackers, crumbled
	1 c. pecans, chopped (or whole)

Mix all ingredients together. Put in ungreased pie pan. Bake at 325° for 25 minutes. Makes its own crust. Cool. Top with Cool Whip or whipped cream.

Beverly Porter

SWEET POTATO PIE

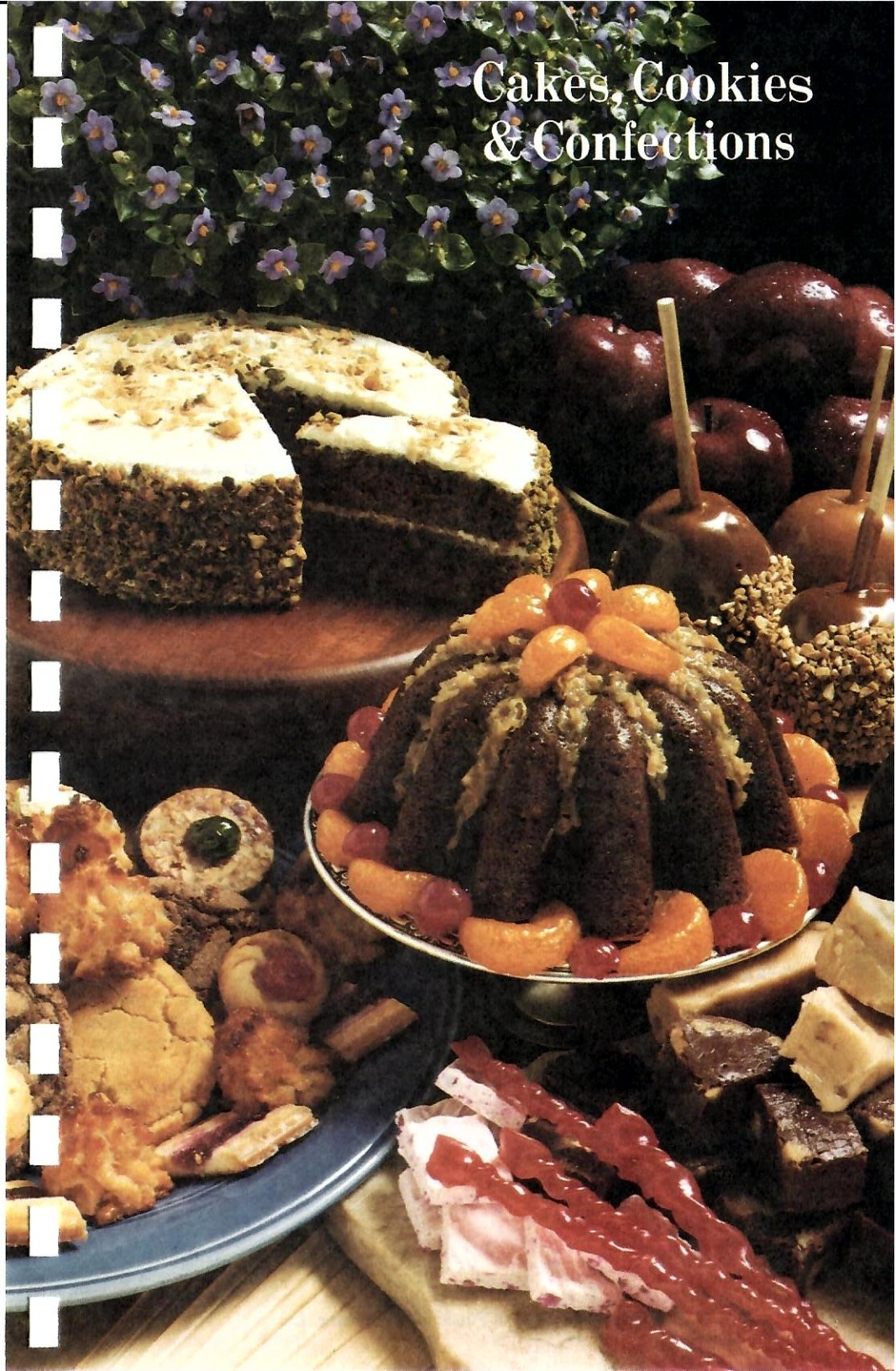
1 (9-inch) unbaked pie shell	1/4 tsp. ginger
2 c. sweet potatoes	1/4 tsp. nutmeg
1 (14 oz.) can sweet- ened condensed milk	1/2 tsp. salt
2 eggs	1/4 c. butter
2 tsp. cinnamon	1/2 tsp. vanilla
	1/2 c. sugar

Cream together eggs, sugar and butter. Add spices. Add milk and sweet potatoes. Mix well. Pour into pie shell. Bake at 425° for 15 minutes. Reduce heat to 350° for 35-40 minutes. Test with toothpick 1 inch from edge.

Good for pumpkin, too.

Vicki Worsham

Cakes, Cookies & Confections



Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

CAKES, COOKIES, FROSTINGS & CONFECTIONS

CARROT CAKE

4 eggs, beaten	1 1/2 c. oil
2 c. sugar	2 c. flour
2 tsp. cinnamon	3 large or 5 small jars
1 tsp. salt	carrot baby food
2 tsp. soda	

Icing:

1 (1 lb.) box powdered sugar	8 oz. cream cheese
1 stick oleo	1/2 tsp. vanilla

Mix cake ingredients all together and put into greased and floured pan. Bake at 350° for 15-20 minutes. When cool, mix icing and put on top. Serve as bars with ice cream.

Kathy Rowell

CHOCOLATE CRAZY CAKE

3 c. flour, sifted	1 tsp. vanilla
2 tsp. baking soda	3/4 c. salad oil
2 c. sugar	2 Tbsp. vinegar
1/2 tsp. salt	2 c. cold water
1/3 c. cocoa, sifted twice	

Set flour sifter into 9 x 13-inch pan (un-greased). Put flour, soda, sugar, salt and cocoa in sifter. Sift into pan. Make 3 holes in sifted mixture. In first hole put vanilla; in second put salad oil and in third put vinegar. Pour cold water over entire mixture. Blend with a fork. Do not beat. Bake at 350° for 25-30 minutes.

Barbara Slusher

CHOCOLATE ECLAIR CAKE

1 large box graham crackers	3 c. milk
2 boxes instant French vanilla pudding	8 oz. Cool Whip
	2 oz. liquid chocolate (in squeeze pkg. or tube)

3 Tbsp. milk	1 tsp. vanilla
2 Tbsp. white syrup	1 1/2 c. powdered sugar
2 Tbsp. butter	

Line bottom of 9 x 13-inch pan with whole graham crackers. Mix pudding and 3 cups milk according to package instructions. Fold in Cool Whip. Pour 1/2 pudding mixture over graham crackers. Place another layer of graham crackers on; then pour the other 1/2 pudding mixture on, then another layer of graham crackers. Melt together (but do not cook) chocolate, 3 tablespoons milk, white syrup and butter. Add vanilla to chocolate. Pour mixture into sugar. Mix well. Spread this mixture on top of graham crackers. Refrigerate 24 hours.

Pam Jackson

CHOCOLATE SHEET CAKE

2 c. flour	1 c. boiling water
2 c. sugar	2 beaten eggs
1/2 tsp. salt	1 tsp. baking soda
1 stick oleo	1/2 c. buttermilk
1/2 c. Crisco	1 tsp. vanilla
4 Tbsp. cocoa	

Pour oleo, Crisco, cocoa and boiling water over flour, sugar and salt. Add eggs, soda, buttermilk and vanilla. Mix well. Bake in cookie sheet 15-20 minutes at 350°.

Frosting:

1 stick oleo	1 box powdered sugar
1/3 c. milk	1 tsp. vanilla
3 Tbsp. cocoa	1 c. pecans

Bring first 3 ingredients to boil (2-3 minutes). Remove from stove and add powdered sugar, vanilla and pecans. Spread over hot cake.

Allene Jones

EASY BAR MIX (Cake)

2 eggs	1 tsp. cinnamon
2 c. brown sugar	1 tsp. vanilla
1 c. oil	1 c. boiling water
2 c. flour	1 c. raisins
1 tsp. baking soda	

Cover raisins with hot water and set aside while mixing the rest of the ingredients. Cream together eggs and brown sugar. Add oil, flour, baking soda, cinnamon and vanilla. Drain raisins and add to the mixture. Bake in cookie sheet with sides for 20 minutes at 375° or until brown.

Barb Birdsell

FORGETFUL HOUSEWIFE'S CAKE

3 c. flour	6 Tbsp. cocoa
2 c. sugar	2 Tbsp. vinegar
2 c. water	2 tsp. baking soda
2/3 c. oil	1 tsp. salt
	1 tsp. vanilla

Mix all ingredients together. Pour into 9 x 13-inch pan and bake at 350° for 35-40 minutes or until done. Top with favorite frosting.

Phyllis Nohl

14-CARAT CAKE

2 c. sifted flour	4 eggs
2 tsp. baking powder	2 c. finely grated carrots
1/2 tsp. baking soda	1 (8 1/2 oz.) can crushed pineapple, drained
1 1/2 tsp. salt	1/2 c. chopped nuts
2 tsp. cinnamon	1 (5 1/2 oz.) can flaked coconut
2 c. white sugar	
1 1/2 c. salad oil	

Cream Cheese Frosting:

1 (8 oz.) pkg. cream cheese	1 stick oleo
1 box powdered sugar	1 tsp. vanilla

Sift together flour, baking powder, baking soda, salt and cinnamon. Add salad oil and eggs. Mix well. Add carrots, nuts and coconut. Mix thoroughly. Pour into three 9-inch round layer pans that have been greased and floured. Bake in 350° oven for 35-40 minutes. Cool and ice between layers and on sides.

Cream Cheese Frosting: Cream together cream cheese and oleo. Add vanilla. Mix in powdered sugar, a small amount at a time, until smooth and creamy.

Brenda Barr

FRESH APPLE CAKE

2 c. sugar	1/2 c. Wesson oil
2 c. flour	2 eggs
1 tsp. salt	2 tsp. vanilla
1 tsp. cinnamon	4 c. chopped apples
1 tsp. baking soda	1 c. chopped nuts (optional)

Mix together sugar, flour, salt, cinnamon and baking soda. Add eggs, oil and vanilla. Mix until all ingredients are thoroughly moistened. Add apples and nuts. Mix well. Bake in greased and floured sheet cake pan for 1 1/2 hours at 300°. Glaze with powdered sugar and milk mixture, if desired.

Joann Goad

FRUIT COCKTAIL CAKE

1 1/2 c. sifted flour	1 (No. 303) can fruit cocktail
1 c. sugar	1 beaten egg
1 tsp. baking soda	1 c. brown sugar
1 tsp. salt	1/2 c. black walnuts

Sift dry ingredients together. Add fruit cocktail and beaten egg. Mix together. Pour into well-greased cake pan. Sprinkle brown sugar and black walnuts on top. Bake at 350° for 35 minutes or little longer.

Barb Birdsell

PEA PICKIN' CAKE

1 box cake mix	4 eggs
3/4 c. oil	11 oz. mandarin oranges

Icing:

- | | |
|------------------------|---------------------------------|
| 1 pkg. instant pudding | 1 c. milk |
| 1 pkg. Dream Whip | 1 can crushed drained pineapple |

Mix first 4 ingredients to make cake and bake in greased and floured cake pan for 30 minutes at 350°.

To make icing, mix pudding, Dream Whip and milk thoroughly. Add crushed, drained pineapple. Spread on cooled cake.

Elsie Spain

PIG PECKING CAKE

- | | |
|--|------------------|
| 1 box yellow cake mix | 4 eggs |
| 1 small can mandarin oranges (including juice) | 1 c. cooking oil |

Topping:

- | | |
|-------------------------------|-------------------------------------|
| 1 (9 oz.) carton Cool Whip | 1 large box instant vanilla pudding |
| 1 large can crushed pineapple | |

Beat all ingredients together. Pour batter into a 9 x 13-inch pan. Bake at 350° for 25 minutes or until done. Cool.

For topping, mix Cool Whip, pineapple (and its juice) and vanilla pudding together. Spread over cooled cake and refrigerate overnight.

Beverly Porter

PINEAPPLE CAKE

Cake:

- | | |
|----------------|--------------------------|
| 2 c. flour | 1 tsp. baking soda |
| 1 1/2 c. sugar | 2 eggs |
| 1/2 tsp. salt | 1 (20 oz.) can pineapple |

Topping:

- | | |
|------------------------|-------------------------|
| 1 1/2 sticks margarine | 1 c. Pet or Milnot milk |
| 1 tsp. vanilla | 1/2 c. brown sugar |

Mix all together. Pour into greased and floured cake pan, 9 x 13 inches. Sprinkle over top:

1/2 c. brown sugar

1/2 c. nuts

Bake at 350° for 35 minutes.

Topping: Mix margarine, milk, vanilla and brown sugar. Boil 3 minutes; pour over top of cake.

Ivonne Looney

PINEAPPLE CAKE

2 c. flour

1/2 c. coconut

1 1/2 c. sugar

1/2 c. brown sugar

2 eggs

1/2 c. pecans

1 tsp. salt

1 stick butter

2 tsp. baking soda

1 c. sugar

1/2 c. oil

1 (5 1/2 oz.) can Pet milk

1 1/2 c. crushed pineapple

Mix flour, sugar, eggs, salt, baking soda, oil and pineapple together. Pour into 9 x 13-inch greased and floured pan. Mix coconut, brown sugar and pecans together; sprinkle over cake mixture. Bake at 350° for 45 minutes. Bring remaining ingredients to boil and boil for 2 minutes. Stir occasionally. Pour over hot cake.

Ann Risinger

PLUM SURPRISE CAKE

1 c. cooking oil

2 c. cake flour

2 c. sugar

1 c. nuts

1 oz. red food coloring

1/4 tsp. salt

3 eggs

1/2 tsp. baking soda

2 small jars plum baby food

1 tsp. cinnamon

Place in mixing bowl and cream together oil and sugar. Beat eggs and mix in. Add baby food and food coloring. Mix together all dry ingredients. Slowly pour dry ingredients into oil, sugar, eggs, baby food and food coloring mixture. Beat 5 minutes. Fold in nuts. Bake in greased Bundt pan for 1 hour and 15 minutes in 350° oven.

Ruby Worsham

RED VELVET CAKE

1/2 c. Crisco	1 1/2 c. sugar
2 eggs	1/4 c. red food coloring
1 Tbsp. vanilla	2 Tbsp. cocoa
1 tsp. salt	1 c. buttermilk
2 1/4 c. flour	1 Tbsp. vinegar
1 tsp. baking soda	

Cream sugar and shortening until fluffy. Add eggs and beat 1 minute. Put cocoa and food coloring in cup; add salt. Put vanilla in buttermilk; add flour to the mixture slowly. Put vinegar and baking soda together in a cup and mix. Add the two mixtures together. Bake at 350° for 25-30 minutes.

Robin Barnard

SCOTCH CHOCOLATE CAKE

Cake:

1 c. flour	2 eggs
2 sticks margarine	1 tsp. vanilla
2 c. sugar	1/2 c. buttermilk
3 Tbsp. cocoa	1 tsp. baking soda
1 c. water	

Icing:

1 stick margarine	1 lb. confectioners sugar
3 Tbsp. cocoa	1/2 c. pecans (optional)
6 Tbsp. milk	

Cake: Sift together flour and sugar. Set aside. In saucepan, bring margarine, cocoa and water to a boil. Pour over flour mixture and blend. Add eggs, slightly beaten, vanilla and buttermilk in which the baking soda has been dissolved. Beat. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 30-35 minutes.

Icing: Prepare to pour over cake while it is still hot. Mix margarine, cocoa and milk in saucepan. Heat, but do not boil. Remove from heat; add confectioners sugar, pecans and vanilla. Mix well; pour over hot cake in pan. Cool.

Beverly Porter

SCRIPTURE CAKE

- | | |
|----------------------------------|------------------------------------|
| 1 c. butter (Judges 5:25) | 1 c. almonds (Genesis 43:11) |
| 3 c. flour (I Kings 4:22) | 6 eggs (Isaiah 10:14) |
| 2 c. sugar
(Jeremiah 6:20) | 1 Tbsp. honey
(Exodus 16:31) |
| 2 c. raisins
(I Samuel 30:12) | pinch of salt
(Leviticus 2:13) |
| 2 c. figs (I Samuel 30:12) | 2 tsp. baking powder
(Amos 4:5) |
| 1/2 c. water
(Genesis 24:17) | |

Follow Solomon's direction for making a good boy.
Beat well. (Proverbs 23:14)

Barbara Slusher

SNICKERDOODLE CAKE

- | | |
|----------------------|------------------------|
| 1 1/2 c. flour | 1 tsp. vanilla |
| 1 c. sugar | 5 Tbsp. butter, melted |
| 1 tsp. baking powder | 2 eggs |
| 1/4 c. chopped nuts | 1 tsp. cinnamon |
| 1/4 c. sugar | milk |
| | powdered sugar |

Beat eggs in a cup and fill the cup full with milk. Sift flour and the 1 cup sugar together. Add egg and milk mixture, vanilla and butter. Beat well. Put in 8 x 8-inch greased pan and sprinkle with mixture of nuts, 1/4 cup sugar and cinnamon. Bake at 350° for 30 minutes. Sprinkle with powdered sugar when ready to serve.

Patty Powers

STRAWBERRY JELLO CAKE

- | | |
|---|--------------------------|
| 1 box angel food cake
mix or yellow cake mix | 1 1/2 c. hot water |
| 2 pkg. strawberry jello | 1 1/2 c. strawberry soda |

Topping:

- | | |
|-----------------------------------|-----------------------------|
| 1 pkg. instant vanilla
pudding | 1 small container Cool Whip |
|-----------------------------------|-----------------------------|

Prepare cake mix as directed on package and put in 9 x 13-inch greased and floured pan. Mix jello, hot water and soda together. As soon as cake is taken out of the oven, poke holes with fork into the cake and pour the mixture of jello, water and soda on top of the cake. Refrigerate for several hours (until cake is cold).

Topping: Mix the pudding as directed on package and fold in Cool Whip. Spread on top of cooled cake. Refrigerate.

Kathy Morris

SOUR CREAM COFFEE CAKE

2 sticks oleo	12 oz. sour cream
2 c. sugar	2 c. flour
2 eggs	1/4 tsp. salt
1/4 tsp. vanilla	1 tsp. baking powder

Filling:

1/2 c. chopped nuts	2 Tbsp. brown sugar
1/2 tsp. cinnamon	

Cream oleo and sugar; add eggs and beat. Add sour cream; beat. Mix dry ingredients in with spoon or use low speed on mixer. Put half of batter in well-greased angel or Bundt pan.

Mix filling ingredients together. Sprinkle half of filling over batter. Add remaining batter on top and layer remaining filling on top. Bake at 350° for about 1 hour. Can sprinkle with powdered sugar when cool.

Kathy Morris

TEXAS COOKIE SHEET CAKE

2 c. flour	3 Tbsp. cocoa
2 c. sugar	1 c. water
1 tsp. salt	2 eggs
1/4 stick oleo	1 tsp. baking soda
1/2 c. shortening	1/2 c. buttermilk

Icing:

1 stick oleo	1 box powdered sugar
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1 Tbsp. cocoa
6 Tbsp. Milnot

1 Tbsp. vanilla
1/2 c. pecans

Mix first 3 ingredients for cake in a bowl. Bring next 5 ingredients to a boil and pour over first mixture. Add next 3 ingredients. Bake at 350° for 20 minutes.

Cook icing ingredients until hot. Do not boil. Ice cake while it is hot.

Pam Jackson

TURTLE CAKE

1 pkg. German chocolate
cake mix
3/4 c. margarine
1 c. canned milk

1 (14 oz.) pkg. caramels
1 c. chopped pecans
1 c. chocolate chips

Mix well the cake mix, margarine and 2/3 cup canned milk. Press half of mixture into 9 x 13-inch pan. Bake at 350° for 10-15 minutes. Melt the caramels in the 1/3 cup canned milk remaining and pour over baked cake mixture. Sprinkle pecans and chocolate chips over caramel mixture. Put rest of cake mixture over top of nuts and chocolate chips. Bake at 350° for 20 minutes.

Kathy Morris

BROWNIES

1 c. sugar
1/3 c. oleo
2 eggs, beaten
1/3 c. milk
3/4 c. flour

3 Tbsp. cocoa
pinch of salt
1 tsp. vanilla
nuts (if desired)

Cream sugar and oleo together. Add eggs. Add flour, cocoa, salt and vanilla with milk. Mix well. Pour into greased pan and bake at 350° for about 30 minutes. Frost, if desired.

Karan Callahan

BROWNIES

2 Tbsp. cocoa

2/3 stick oleo

2 c. sugar
4 eggs

1 1/4 c. self-rising flour
1 tsp. vanilla

Mix cocoa with melted oleo. Add sugar and mix well. Add eggs and vanilla. Mix well. Add flour. Pour into greased 11 x 13-inch loaf pan. Bake at 350° for 20-25 minutes or until well done.

Dorothy Lambrich

COOKIE MIX

1 c. oleo
2 c. white sugar
2 c. brown sugar
2 tsp. vanilla

6 c. oatmeal
4 c. flour
1 tsp. baking soda
2 tsp. baking powder

Cream together first 4 ingredients. Set aside. Mix together last 4 ingredients and add to creamed mixture. Refrigerate in tightly closed container. This mixture will keep indefinitely in refrigerator.

To make cookies, use 4 cups dry mix and 2 eggs. If using small eggs, use 3. Mix and add any of the following: nuts, raisins, coconut, baking chips. Drop by teaspoon onto greased sheet. Bake 10-12 minutes at 350°. Two cups mix and 1 egg yields 16 cookies.

Kathy Rowell

FROSTING MIX COOKIES

1 roll Pillsbury crescent
rolls
1 can sweetened con-
densed milk

1 box German chocolate
frosting mix
1/4 c. margarine, melted

Squash crescent rolls into 10 x 15-inch ungreased pan. Pour on milk. Spread milk evenly over rolls. Sprinkle frosting mix and drizzle on margarine. Bake at 400° for 12-15 minutes.

Kathy Morris

JUBILEE JUMBLES

1/2 c. shortening
1 c. brown sugar

1/2 c. white sugar
2 eggs

1 c. evaporated milk	1 tsp. salt
2 3/4 c. sifted flour	1 c. chopped nuts
1/2 tsp. baking soda	1 tsp. vanilla

Glaze:

2 c. confectioners sugar	1/4 c. evaporated milk
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Mix thoroughly shortening, sugar and eggs. Stir in milk and vanilla. Sift together flour, baking soda and salt; blend into mixture. Add chopped nuts. Chill 1 hour. Preheat oven to 375°. Drop rounded spoonfuls of dough on greased baking sheets 2 inches apart. Bake 10 minutes until lightly browned. While warm frost with glaze.

Glaze: Beat confectioners sugar and evaporated milk until smooth. Spread on cookies. Top each with a nut.

Jessie Snare

NO-BAKE CHEERIOS PEANUT BUTTER BARS

1 c. light corn syrup	2 tsp. vanilla
1 c. granulated sugar	7 c. Cheerios
1 c. peanut butter	1/2 c. chocolate chips

Combine sugar and corn syrup; heat to dissolve sugar completely. Add peanut butter and vanilla. Stir until smooth. Fold in Cheerios. Press into 8 x 12-inch greased sheet pan. Sprinkle with chocolate chips. Cool and cut.

Karen Callahan

NO-BAKE COOKIES

1 stick butter or margarine	2 Tbsp. cocoa
2 c. sugar	3 c. instant oats
1/2 c. evaporated milk	1 Tbsp. peanut butter

In a medium saucepan, bring butter, sugar and milk to a boil. Remove from heat. Add cocoa, peanut butter and oats. Stir until blended. Drop by teaspoon onto wax paper. Let stand until hardened.

Dianna Crawford

OLD-FASHIONED BROWNIES

2 oz. baking chocolate	1 tsp. vanilla
1/2 c. shortening	1/2 c. sifted flour
1 c. sugar	1/4 tsp. salt
3 eggs, well beaten	1/2 c. chopped pecans

Melt chocolate and shortening in top of double boiler over boiling water. Remove from heat. Add sugar, eggs and vanilla. Mix well. Add flour and salt. Mix well. Stir in nuts. Pour into greased 9 x 9-inch pan. Bake at 375° for 15-18 minutes. Cut into squares.

Ruby Worsham

PEANUT BUTTER COOKIES

1 c. sugar	2 eggs
1 c. brown sugar	1 1/2 c. peanut butter
1 c. shortening	3 c. flour

Beat together all ingredients, except flour. Sift flour 3 times with:

2 tsp. baking soda	1/2 tsp. salt
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Add 1 teaspoon vanilla and bake at 350° until done.

Christy Boswell

PEANUT BUTTER COOKIES

1 1/4 c. flour	1/2 c. Jif peanut butter
3/4 tsp. baking soda	1/2 c. sugar
1/4 tsp. baking powder	1/2 c. brown sugar
1/4 tsp. salt	1 egg
1/2 c. shortening	

Cream peanut butter, sugars, shortening and egg. Add dry ingredients. Roll into balls. Press with fork on ungreased cookie sheet. Bake at 375° for 8-10 minutes.

Clay Worsham

PEANUT BUTTER FUDGE BARS

- | | |
|------------------------------|------------------------|
| 1 box yellow cake mix | 1 pkg. coconut-pecan |
| 1 c. peanut butter | frosting mix |
| 1 stick butter | 2 Tbsp. margarine |
| 1 egg | 1 can Eagle Brand milk |
| 1 small pkg. chocolate chips | |

Combine cake mix, peanut butter, melted stick of butter and egg until crumbly. Press $\frac{2}{3}$ mixture in bottom of 9 x 13-inch ungreased cake pan. Melt chocolate chips, margarine and Eagle Brand milk until smooth. Add frosting mix. Stir until blended. Spread over cake mixture in pan. Crumble reserved $\frac{1}{3}$ cake mixture over chocolate filling. Bake at 350° for 25 minutes. Cool and cut into squares.

Ann Risinger

PERFECT BROWNIES

- | | |
|--------------------------------------|--|
| $\frac{1}{3}$ c. cocoa | 2 eggs |
| $\frac{1}{2}$ c. butter or margarine | 1 tsp. vanilla |
| 1 c. sugar | $\frac{1}{2}$ c. flour |
| | $\frac{1}{2}$ c. chopped nuts (optional) |

Thoroughly cream butter or margarine and sugar. Add eggs and beat well. Blend chocolate, vanilla and flour. Add nuts. Pour batter into a greased 8 x 8 x 2-inch pan. Bake in oven at 325° for 35 minutes. Makes 12 brownies.

Allene Jones

QUICK CHOCOLATE COOKIES

- | | |
|------------------------|--------------------------------|
| 1 stick oleo or butter | $\frac{1}{2}$ c. milk |
| 2 c. sugar | $\frac{1}{2}$ c. peanut butter |
| 4 level Tbsp. cocoa | 1 tsp. vanilla |
| 3 c. quick oats | |

Put oleo, sugar and milk in a saucepan. Bring to a boil and boil 1 minute. Remove from heat. Mix in peanut butter. Add cocoa and vanilla. Mix well. Add oats and mix well again. Drop from a spoon onto wax paper. Let cool and harden. Makes about 24 cookies.

Jessie Snare

QUICK COOKIES

1 stick oleo	1 c. flour
3 oz. cream cheese	any flavor jam

Cream oleo and cream cheese. Stir in flour. Mix well. Chill dough 1 hour. Roll into balls and press thumb in middle. Put 1/2-1 teaspoon jam in thumbprint. Bake 20-30 minutes at 375° (time and temperature may vary).

Kathy Rowell

SOFT SUGAR COOKIES

1 c. oleo	1/2 tsp. cream of tartar
1 c. sugar	1 tsp. baking soda
1 egg	1/2 tsp. salt
2 c. flour	1 tsp. vanilla

Cream shortening and sugar together. Add vanilla and egg. Stir in dry ingredients. Form into small balls and roll in dish of sugar. Bake at 350° for 12 minutes on lightly greased cookie sheet. Do not flatten.

Karen Callahan

SOUR CREAM COOKIES

1 c. butter	1 tsp. baking soda
1 c. sour cream	1 tsp. vanilla
2 c. sugar	5-6 c. sifted flour
2 eggs	

Cream together butter, sugar, eggs, sour cream and vanilla. Stir or beat in baking soda and flour. Roll out; cut and bake at 350° for 8-10 minutes. Frost and decorate.

Kathy Morris

SUGAR COOKIES

3/4 c. shortening	1 tsp. vanilla
1 c. sugar	2 1/2 c. flour
2 eggs	1 tsp. baking powder

Mix the shortening, sugar, eggs and vanilla until

creamy. Add baking powder and flour. Mix well. Chill 1 hour before rolling out. Bake on ungreased cookie sheet 5-10 minutes at 400°.

This recipe also makes a good drop cookie.

Ruth Anne Wheeler

CANDY CLUSTERS

- | | |
|---------------------------------------|-----------------------------------|
| 1 (16 or 18 oz.) jar
peanut butter | 2 c. miniature marshmallows |
| 2 lb. almond bark
(white) | 3 c. Rice Krispies |
| | 1 (6 oz.) pkg. chocolate
chips |

Melt peanut butter and almond bark in low oven. Stir together well and let cool. Cool completely if you want chocolate chips not to melt. Only partially cool if you want chocolate to melt throughout. Mix in rest of ingredients and drop on waxed paper in clusters. Store in refrigerator.

Kathy Morris

CARAMEL APPLES

- | | |
|----------------------------------|---------------------------|
| 1 can Borden Eagle
Brand milk | 1 stick oleo |
| 2 c. dark brown sugar | pinch of salt |
| 3/4 c. white corn syrup | 12-15 medium-sized apples |
| | popsicle sticks |

Put all ingredients in double boiler. Bring mixture to boil. Bring to soft-ball stage; boil about 15 minutes. Push sticks into apples at stem. Dip apples, covering well. Cool on wax paper.

A regular pan can be used instead of a double boiler, but you must watch the mixture carefully and stir often to prevent sticking.

Jan Vonachan

CREAM CHEESE FROSTING

- | | |
|--------------------------------|-----------------------------------|
| 1 (8 oz.) pkg. cream
cheese | 1/2 c. butter |
| 1 tsp. vanilla | 3 1/2-4 c. powdered sugar |
| | coconut and raisins
(optional) |

Butter and cream cheese should be room temperature.

With a mixer, beat cream cheese and butter until creamy. Add vanilla. Sift powdered sugar and slowly add to creamed mixture. You can add coconut or raisins, if you like.

This recipe is good on sugar cookies and cakes.

Retha Wheeler

CRISPY CARAMEL CORN

3 1/2 qt. (14 c.) popped popcorn	1/4 c. light brown corn syrup
1/2 c. butter or margarine	1/2 tsp. salt
	1/2 tsp. vanilla
1 c. light brown sugar	1/4 tsp. baking soda

Place popped popcorn in a large well greased pan. In a large, heavy saucepan melt butter; stir in next 3 ingredients and boil for 5 minutes over medium heat. Remove from heat and stir in vanilla and baking soda. Pour syrup over popcorn, mixing well.

If you want it crispier, place popcorn on a cookie sheet (greased). Bake at 250° for 1 hour, stirring every 15 minutes. When cool enough to handle, separate kernels. Store tightly covered. Makes 3 1/2 quarts.

Barb Rediger

HAYSTACKS

1 large bag butter-scotch chips	1 bag salted peanuts
	1 can shoestring potatoes

Melt butterscotch chips in double boiler or microwave. Add peanuts and shoestring potatoes. Mix well. Spoon onto wax paper. Refrigerate until firm.

Phyllis Nohl

HEATH BARS

1 c. sugar	3 Tbsp. water
2 sticks oleo	4 regular Hershey bars

Place sugar, oleo and water in pan. Bring to a boil. Boil to hard-crack stage (will begin to turn

brown). Stir during cooking constantly. Pour onto greased flat pan and place Hershey bars on top to melt. Spread the melted chocolate. Freeze and break into pieces.

Karen Callahan

HEATH BARS

1/2 lb. butter	chopped nuts
1 c. brown sugar	12 oz. milk chocolate chips
soda crackers	

Line cookie sheet sides with foil. Cover bottom with soda crackers. Boil butter and brown sugar for 3 minutes. Pour mixture over soda crackers. Place in preheated 500° oven for 5 minutes or until crackers float. Sprinkle milk chocolate chips on top and spread when melted. Sprinkle nuts on top. Chill and break apart. Store in cool place.

Ann Risinger

HOT FUDGE TOPPING

1 c. sugar	1/4 c. cream or Milnot
3 tsp. dry cocoa	1/4 c. water
1/4 tsp. salt	1/4 c. butter or margarine
3/4 c. white syrup	1 tsp. vanilla

Mix sugar, cocoa, salt, 1/4 cup syrup, cream, water and butter in heavy 4-quart saucepan. Bring to boil quickly over high heat; lower to medium heat, stirring occasionally. Cook 5 minutes longer. Remove from heat; add vanilla and remaining syrup. Pour into jar. Makes 1 pint.

Do not refrigerate. May be served cold or warmed before topping ice cream.

Kathy Morris

LOLLIPOPS

2 c. granulated sugar	1 1/2 tsp. peppermint
1 c. light corn syrup	extract
1/2 tsp. red or green food coloring	

In medium saucepan combine sugar, corn syrup and 1/2 cup water. Cook over medium heat, without stirring, until candy thermometer registers 300° or until small amount of mixture forms hard, brittle threads when dropped into cold water. Remove from heat. Cool mixture slightly. Add food coloring and flour. Blend well. Place 24 small wooden skewers or popsicle sticks 4 inches apart on lightly oiled cookie sheet. Drop candy mixture from tip of table-spoon over sticks to form 2- to 3-inch circles. (If syrup hardens before all Lollipops are made, return to pan to low heat long enough to melt syrup.)

When Lollipops have hardened, place on waxed paper to cool. Store in cool, dry place (not in refrigerator). Makes 24 Lollipops.

Angie Rediger

MARTHA WASHINGTON CANDY

Candy:

2 boxes powdered sugar	2 1/2 c. chopped nuts
1 can Eagle Brand milk	1 tsp. vanilla
1 c. Angel Flake coconut	1 stick soft oleo

Chocolate Coating:

1/4 lb. paraffin	1 large and 1 small pkg. chocolate chips
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Mix all candy ingredients together and make into balls. Let set on waxed paper for at least 2 hours.

Melt chocolate chips and paraffin in double boiler. Keep water boiling as you dip candy in chocolate.

Joann Goad

RED VELVET CAKE FROSTING

1 stick oleo or butter	3 Tbsp. flour
8 Tbsp. Crisco	1/3 c. milk (scant)
1 1/2 c. powdered sugar	1 tsp. vanilla

Beat oleo or butter until fluffy. Add 1 spoon of Crisco at a time and beat until fluffy. Add the

powdered sugar and beat continually. Add flour, milk and vanilla. Beat more and spread on Red Velvet Cake.

Robin Barnard

RICE KRISPIES TREATS

- | | |
|---------------------------------------|--|
| 1 4 c. regular margarine
or butter | 1 (6-10 oz.) pkg. regular
marshmallows (about 40) |
| 5 c. Rice Krispies cereal | or 4 c. miniature marsh-
mallows |

Measure margarine into 3-quart saucepan; melt butter over low heat. Add marshmallows and cook, stirring constantly, until marshmallows are melted and mixture is very syrupy. Remove from heat. Add Rice Krispies cereal; stir until well coated. Spread warm mixture in buttered 13 x 9 x 2-inch pan. Using waxed paper or buttered spatula, press firmly into an even layer. Cut into squares when cool. Makes 24 two-inch squares.

Pam Jackson

SWEETS

- | | |
|-----------------------------------|--------------------------------------|
| 3 c. Rice Krispies | 3/4 c. melted margarine |
| 3 c. powdered sugar | 1/2 bar paraffin |
| 1 1/2 c. crunchy
peanut butter | 1 large pkg. real chocolate
chips |
| 1 1/2 c. coconut | |

Mix first 4 ingredients. Pour melted margarine on mixture and work in. Roll into about 1-inch balls. Melt chocolate chips and paraffin. Dip balls of cookie into chocolate. Coat and cool on wax paper.

Kathy Morris

Desserts



Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water	1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
		1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
		1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
		1 c. canned tomatoes	1 ½ c. cut-up fresh tomatoes, simmered 10 min.
1 c. sour milk	1 c. sweet milk and 1 T. lemon juice or vinegar	1 c. molasses	1 c. honey
	1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar	1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda	1 c. granulated sugar	1 ½ c. brown sugar or 1 ½ c. powdered sugar
1 c. sour, heavy cream (for sour milk recipe)	½ c. butter and ⅔ c. milk	1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk	1 lb. cornmeal	3 cups
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)	1 lb. cornstarch	3 cups
1 1-oz. square unsweetened chocolate	3 T. cocoa plus ½ T. shortening	1 lemon rind	1 Tbsp. grated
1 T. cornstarch (for thickening)	2 T. flour (approx.)	3-4 med. oranges	1 cup
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks	1 orange rind	2 Tbsp. grated
		23 soda crackers	1 cup crumbs
		15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

DESSERTS

BAKED ALASKA

1 layer cake or sponge cake	1 qt. ice cream
5 egg whites	2/3 c. sugar

Trim a 1-inch layer of sponge cake or layer cake 1 inch larger on all sides than a 1-quart brick of ice cream (or 2 pints side by side). Place on wooden cutting board. (Keep ice cream frozen until ready to use.) To make meringue, beat egg whites until soft peaks form. Gradually add sugar, beating until stiff peaks form. Center brick of ice cream on cake layer. Spread meringue over ice cream and cake, sealing to edges of cake all around. Sprinkle lightly with sugar. Bake in an extremely hot 500° oven until meringue is golden, about 3 minutes. Serve immediately. Makes 8 servings.

If desired, assemble Alaska and freeze. Brown just before serving.

Pam Jackson

CHOCOLATE DELIGHT

1 1/2 c. flour	1 large pkg. cream cheese
1/2 c. crushed pecans	1 large tub Cool Whip
1 1/4 sticks margarine, melted	2 small boxes chocolate instant pudding
1 c. powdered sugar	3 c. milk

Mix first 3 ingredients and press in 9 x 13-inch pan. Bake 15-20 minutes at 350°. Mix powdered sugar, cream cheese and 1/2 tub Cool Whip. Set aside. Mix pudding and milk until thick. Put cream cheese mixture on crust, the pudding on top and rest of Cool Whip on top of pudding. You can garnish with nuts or ground up graham crackers.

Ivonne Looney

DESSERT FOOD FOR THE ANGELS

25 Ritz crackers, crushed	1 c. crushed nuts
	1 tsp. vanilla

3 eggs
3/4 c. sugar

1 c. whipping cream
coconut

Beat egg whites until stiff. Gradually add sugar and vanilla. Fold in crushed crackers and nuts. Pour in greased 8 x 8-inch pan and bake at 350° for 20-25 minutes. Cool. Beat whipping cream and spread over baked mixture. Sprinkle with coconut and refrigerate overnight.

Beverly Porter

ICE CREAM

4 eggs
2 1/2 c. sugar
7 c. milk

3 c. whipping cream
2 1/2 Tbsp. vanilla
1/2 tsp. salt

Beat eggs until light. Add sugar gradually. Beat until thick. Add remaining ingredients and mix well. Pour into freezer and process according to freezer directions.

Lynda Toncray

LEMON ICE CREAM

1 c. sugar
3 Tbsp. lemon juice
2 tsp. grated lemon
rind

1 pt. light cream or half
and half
2 drops yellow food coloring

Mix together the sugar, lemon juice and rind. Gradually stir in the cream and food coloring. Pour into refrigerator trays. Freeze for 3 hours without stirring.

Barb Rediger

LEMON LUSH

1 stick oleo
1 c. flour
1/2 c. chopped nuts
1 (8 oz.) pkg. cream
cheese

1 c. powdered sugar
1 c. Cool Whip
3 c. milk
2 pkg. lemon instant pud-
ding

Mix first 3 ingredients until crumbly. Bake

15-20 minutes at 350°. Mix next 3 ingredients and put on crust. Mix next 2 ingredients thoroughly and put on top of cheese layer. Put extra Cool Whip on for last layer. Sprinkle with nuts.

Mary Lambrich

MARBLE SQUARES

1 1/8 c. flour	1/2 tsp. vanilla
1/2 tsp. baking soda	1/4 tsp. water
1/2 tsp. salt	1 egg
1/2 c. shortening or butter	1/2 c. chopped nuts
1/3 c. granulated sugar	1/2 c. semi-sweet chocolate morsels
1/3 c. firm packed brown sugar	

Preheat oven to 375°. Sift together flour, baking soda and salt; set aside. Combine shortening or butter, sugar, brown sugar, vanilla and water. Beat until creamy. Beat in egg. Add flour mixture and mix well. Stir in nuts. Spread dough in greased pan. Sprinkle chocolate morsels over top. Place in oven for 1 minute. Remove from oven and run knife through batter to marbleize. Return to oven and bake 10-12 minutes. Cool and cut into bars. Makes about 2 dozen bars.

Brenda Snare

OREO ICE CREAM

3 egg yolks (use only Grade A, clean, uncracked eggs)	4 tsp. vanilla
1 (14 oz.) can Eagle Brand sweetened condensed milk	1 c. coarsely crushed Oreos (about 12)
	2 c. (1 pt.) whipping cream, whipped

In large bowl beat egg yolks; stir in milk and vanilla. Fold in cookies and whipped cream. Pour into aluminum foil-lined 9 x 5-inch loaf pan or other 2-quart container. Cover; freeze 6 hours or until firm. Scoop ice cream from pan or peel off foil and slice.

Mary Lambrich

PISTACHIO PUDDING

- | | |
|---|---|
| 1 (20 oz.) can crushed
pineapple and juice | 1 (8 oz.) carton Cool Whip
1 c. small marshmallows |
| 1 (3 oz.) box pistachio pudding | |

Mix pineapple and instant pudding together.
Stir until dissolved. Add Cool Whip and marshmallows.
Stir together and refrigerate.

Beverly Porter

SOMETHING ELSE DESSERT

Crust:

- | | |
|----------------|-----------------------------|
| 1/2 c. nuts | 1 1/2 sticks butter, melted |
| 1 1/2 c. flour | |

Layer 1:

- | | |
|--------------------------------|--|
| 1 (8 oz.) pkg. cream
cheese | 1 c. Cool Whip (from 9 oz.
tub; reserve remainder)
1 c. powdered sugar |
|--------------------------------|--|

Layer 2:

- | | |
|---|-----------|
| 1 large pkg. Jell-O
instant pudding (whatever flavor you prefer) | 3 c. milk |
|---|-----------|

Layer 3:

- | | |
|---------------------|-----------------|
| remaining Cool Whip | 1/8-1/4 c. nuts |
|---------------------|-----------------|

Crust: Mix ingredients and spread in 9 x 13-inch pan. Bake 20 minutes at 375°. Cool before adding filling.

Layer 1: Mix ingredients well and spread on cooled crust.

Layer 2: Mix pudding mix and milk until thick. Spread on first layer.

Layer 3: Spread remaining Cool Whip on second layer. Garnish with nuts. Chill and serve.

Pam Jackson

STRAWBERRY DELIGHT SPECIAL

1 large pkg. strawberry jello	2 1/2 c. crushed pineapple (not drained)
1 1/3 c. boiling water	3 mashed bananas
2 (10 oz.) pkg. thawed strawberries	

Dissolve jello in boiling water. Add strawberries and pineapple. Chill until partially thickened. Fold in mashed bananas. Turn half of this mixture into a 9 x 12 x 2-inch pan and chill until firm. Spread sour cream on top; then spoon remaining jello over all. Chill until firm.

Kathy Morris

** EXTRA RECIPES **

**** EXTRA RECIPES ****

Beverages,
Sandwiches & Misc.



Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

BEVERAGES, SANDWICHES & MISCELLANEOUS

CLAY

- | | |
|-------------|------------------------|
| 1 c. flour | 2 tsp. cream of tartar |
| 1 c. water | 2 tsp. cooking oil |
| 1/2 c. salt | food coloring |

Combine all ingredients. Cook slowly until clay is formed. This takes only a couple of minutes, so watch carefully. Put clay into tightly closed container. Can be reused often.

Pam Jackson

FRUITY POPS ON A STICK

- | | |
|------------------------|--------------|
| 1 envelope Kool-Aid | 2/3 c. sugar |
| unsweetened soft | 1 qt. water |
| drink mix (any flavor) | |

Dissolve soft drink mix and sugar in water. Pour into plastic ice cube tray or small paper cups. Freeze until almost firm. Insert wooden stick or spoon into each. Freeze until firm. Makes about 20.

Pam Jackson

PLANT FOOD

- | | |
|----------------------|--------------------|
| 1 tsp. baking powder | 1 tsp. Epsom salts |
| 1 tsp. salt peter or | 1 tsp. ammonia |
| potassium nitrate | |

Mix together in gallon jar and fill with warm water. Mixture may foam up. Water should be added slowly. Use regularly to water plants as needed.

Ruby Worsham

SPOT REMOVER

- | | |
|------------------------------------|-------------------------|
| 1 gal. very hot water | 1/4 c. household bleach |
| 1 c. dishwasher detergent compound | |

Mix ingredients well in plastic, stainless steel or enamel container. Never use an aluminum one as it will become discolored from the solution. Let garment

soak in this solution for 5-10 minutes. If any traces of the stain remain, soak the garment longer and then wash as usual. This is great for baby's stained clothes, too, but if you use it on diapers be sure to launder and rinse well.

This stain remover is great for any bleach-safe garment. You can also use it to remove mildew from clothes that are colorfast.

Pam Jackson

STRAWBERRY PUNCH

4 pkg. strawberry Kool-Aid	1 medium can orange juice (frozen)
4 c. sugar	1/2 gal. vanilla ice cream
1 medium pkg. strawberries	1 gal. 7-Up or any lemon-lime soft drink

Mix Kool-Aid, sugar and water. Stir until dissolved. Add strawberries and orange juice. Stir until juice is melted. Add ice cream. Pour lemon-lime drink over ice cream. Prepare 1/2 hour before needed.

Serves 50 people.

Delicious!

Beverly Porter

SWEETENED CONDENSED MILK

2 c. instant nonfat dry milk	2/3 c. boiling water
1 1/3 c. sugar	6 Tbsp. melted oleo

Combine all ingredients and blend until mixed well in electric blender. Store in refrigerator until ready to use. Makes 2 1/2 cups of milk like Eagle Brand sweetened condensed milk.

Ruby Worsham

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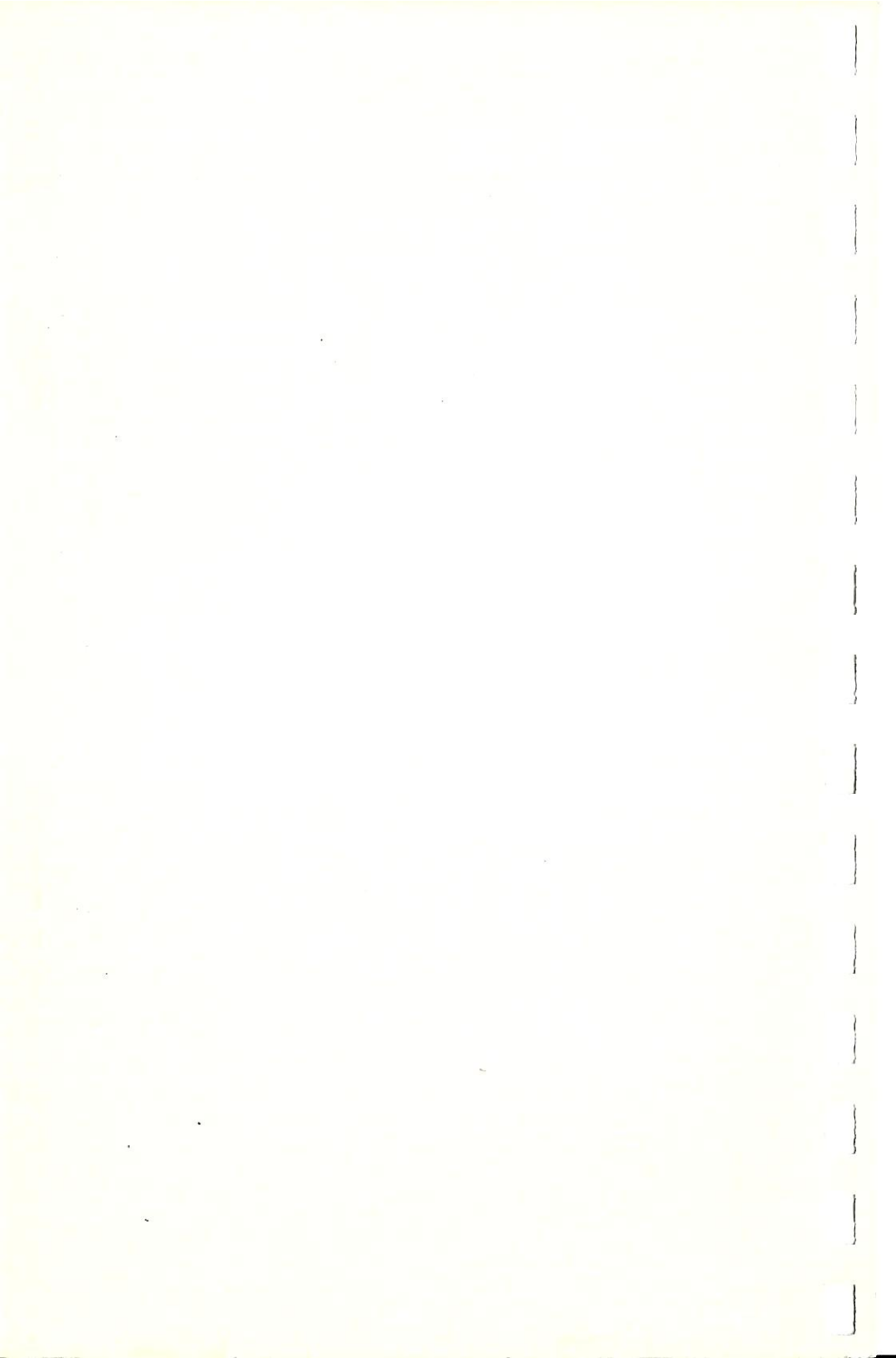
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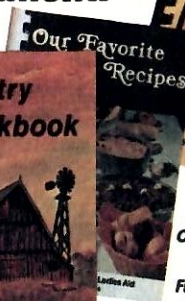
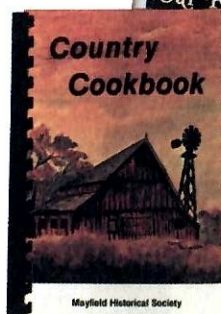
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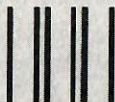
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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

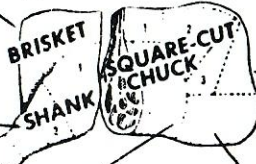
MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken	2 ½ to 3 ½ pounds	3 to 5
	Fryers		2 to 3
	Broilers	2 ¾ to 7 pounds	4 to 10
	Roasters	8 pounds	16
	Turkey		
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

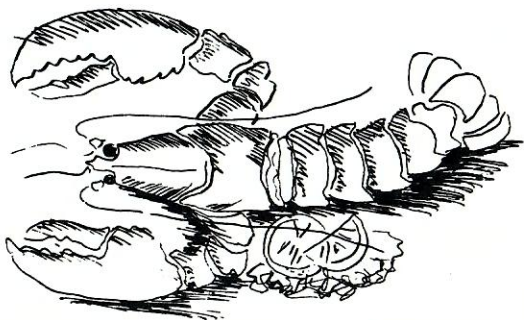
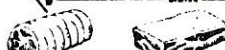
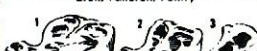
Retail Cuts



Wholesale Cuts



Retail Cuts



Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Asparagus</i>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<i>Beans, green or wax</i>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<i>Navy Beans, dried</i>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
<i>Beets</i>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<i>Broccoli</i>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
<i>Brussels Sprouts</i>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<i>Cabbage, green</i>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<i>Carrots</i>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
<i>Cauliflower</i>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Celery</i>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<i>Corn</i>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<i>Eggplant</i>	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<i>Mushrooms</i>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<i>Okra</i>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Parsnips</i>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<i>Peas, Green</i>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Spinach</i>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<i>Zucchini</i>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
<i>Tomatoes</i>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Helpful Cooking Hints

Calorie Counter

CANDIES, SNACKS AND NUTS

Calories

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocos (all milk)	8 ounces	235
Cocos (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:

Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150

Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

Calories

FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup.	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½ gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) 2 tablespoons flour
 1 cup sifted cake flour 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

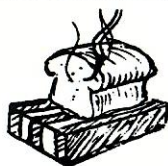
1 whole egg 2 egg yolks for custards.

1 cup molasses 1 cup honey.

1 package active dry yeast 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated 1 small fresh onion.

1 tablespoon prepared mustard 1 teaspoon dry mustard.



Favorite Recipes



Recipe Name

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Notes

**Appetizers, Relishes
& Pickles**



**Soups, Salads
Sauces**



**Main Dishes
(Casseroles)**



**Meats, Poultry
& Seafood**



Vegetables



**Breads, Rolls,
Pies & Pastry**



Low-Calorie Dishes



**Cakes, Cookies,
& Confections**



Desserts



**Beverages,
Sandwiches & Misc.**



Cooking Hints

We Have The Recipe For



*Successful Fund Raising
Personalized Community Cookbooks*



Here's How To Use
Your Thumb Index:
Place thumb on
black tab of the
item you want to
find. Flip through
until
a black tab appears
under your thumb.



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